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ICSE CLASS X

EXAMINATION PAPER 2026

PHYSICAL EDUCATION

Time: 2 Hours **Max. Marks: 100**

General Instructions:

1. Answer to this Paper must be written on the answer sheet provided separately.
2. You will not be allowed to write during first 15 minutes.
3. This time is to be spent in reading the question paper.
4. The time given at the head of this Paper is the time allowed for writing the answers.
5. Attempt all questions from Section A and two questions from Section B.
6. The intended marks for questions or parts of questions are given in brackets [ ].

SECTION-A

(Attempt all questions from this Section.)

QUESTION 1.

Choose the correct answers to the questions from the given options.

(Do not copy the questions, write the correct answers only.)

(i) Strength, endurance, reaction time and perceptual abilities are minimal in the stage of _____.
(a) Infancy
(b) Childhood
(c) Adolescence
(d) Adulthood

Ans :

(a) Infancy
Infancy is the earliest stage of human development where the body and nervous system are not fully developed. Physical abilities like strength and endurance are very low, and reaction time and perception are still developing. Hence, all these abilities are minimal during infancy compared to later stages.

(ii) Identify the group of people shown in the picture given below.

(a) Coaches
(b) Officials
(c) Managers
(d) Commentators

Ans :

(b) Officials
The image shows referees and assistant referees on a sports field, identifiable by their uniforms and flags. These individuals are responsible for enforcing rules, maintaining discipline, and ensuring fair play during the game. Therefore, they are collectively known as officials, not coaches, managers, or commentators.

(iii) _____ is a primary source of energy.
(a) Fibre
(b) Mineral
(c) Carbohydrate
(d) Vitamin

Ans :

(c) Carbohydrate
Carbohydrates are the main source of energy for the human body. They are quickly broken down into glucose, which provides immediate fuel for physical activities and bodily functions. Fibre, vitamins, and minerals do not supply energy directly, making carbohydrates the primary energy source among the given options.

(iv) A mesomorph has the following physical characteristic:
(a) Pear-shaped body
(b) Muscular body
(c) Delicate body structure
(d) Thin legs and arms

Ans :

(b) Muscular body

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A mesomorph body type is naturally strong and muscular with well-defined muscles. Such individuals have broad shoulders, narrow waist, and a solid physique. They gain muscle easily and are suited for athletic activities. Other options describe ectomorph or endomorph body types, not mesomorphs.

(v) According to the Principle of Periodization, a Macrocycle training programme lasts for _____.
(a) 1–2 days
(b) 1–2 weeks
(c) 1–2 years
(d) 2–3 months

Ans :

(c) 1–2 years
A macrocycle is the longest training cycle in periodization and usually spans one to two years. It includes several mesocycles and microcycles, planning long-term athletic development and peak performance. Shorter durations like days, weeks, or months refer to microcycles or mesocycles, not macrocycles.

(vi) **Assertion (A) :** Ankle sprains are the most commonly experienced sports injuries.
Reason (R) : A sprain occurs when the ligaments supporting the ankle gets torn or ruptured.
(a) (A) is true but (R) is false.
(b) (A) is false but (R) is true.
(c) Both (A) and (R) are true and (R) is the correct explanation of (A).
(d) Both (A) and (R) are true, but (R) is not the correct explanation of (A).

Ans :

(d) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
Ankle sprains are indeed among the most common sports injuries due to frequent twisting movements. The reason correctly defines what a sprain is, involving ligament damage. However, it does not explain why ankle sprains are most common, so both statements are true but not directly related.

(vii) Best results are achieved in sports training if the:
(a) load is more than nutrition.
(b) load is constant and nutrition is constant.
(c) load is increased progressively and with a balanced diet plan.
(d) load is less than nutrition.

Ans :

(c) load is increased progressively and with a balanced diet plan.
Effective sports training follows the principle of progressive overload, where the training load gradually increases to improve performance. Along with this, a balanced diet is essential to provide energy and aid recovery. Constant or improper load and poor nutrition do not support optimal improvement in sports performance.

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(viii) Change in memory and perception of an individual are indicators of:
(a) Social development
(b) Physical development
(c) Mental development
(d) Emotional development

Ans :

(c) Mental development
Memory and perception are cognitive functions controlled by the brain. Improvements or changes in these abilities reflect mental or cognitive development. Social, physical, and emotional development involve different aspects of growth, but memory and perception specifically relate to mental development in an individual.

(ix) Which of the following activities improves agility?
(a) Push-ups
(b) Zig-zag runs
(c) 800m run
(d) Standing broad jump

Ans :

(b) Zig-zag runs
Agility is the ability to change direction quickly and efficiently. Zig-zag runs involve rapid changes in direction and body movement, making them ideal for improving agility. Other activities like push-ups, long-distance running, and jumping focus on strength, endurance, or power rather than agility.

(x) Health-related physical fitness components are:
(a) Agility and Speed
(b) Cardiorespiratory endurance and Flexibility
(c) Balance and Coordination
(d) Power and Speed

Ans :

(b) Cardiorespiratory endurance and Flexibility
Health-related fitness components include cardiorespiratory endurance, muscular strength,

muscular endurance, flexibility, and body composition. These components are essential for overall health and well-being. Agility, speed, balance, coordination, and power are skill-related components, not health-related fitness components.

(xi) **Assertion (A) :** Sports training is the process of preparation in order to do some tasks.
Reason (R) : Training helps to attain fitness and conditioning of the body to take part in various sports and games.
(a) (a) is true and (R) is false.
(b) (a) is false and (R) is true.
(c) Both (a) and (R) are true and (R) is the correct explanation of (A).
(d) Both (a) and (R) are true but (R) is not the correct explanation of (A).

Ans :

(c) Both (A) and (R) are true and (R) is the correct explanation of (A).
Sports training involves systematic preparation to improve performance and ability to perform tasks. The reason correctly explains that training develops fitness and body conditioning, which enables participation in sports. Thus, both statements are true, and the reason clearly explains why sports training is necessary for preparation.

(xii) Mr. Anil Abraham is a central government employee. He is interested in athletics. He has wide hips and narrow shoulders which make him pear-shaped, and he also has a high body fat percentage level with slow metabolism.
Based on the above extract, identify the body type of Mr. Anil Abraham.
(a) Ectomorph
(b) Paramorph
(c) Endomorph
(d) Mesomorph

Ans :

(c) Endomorph
An endomorph body type is characterized by a pear-shaped body, wider hips, higher fat accumulation, and slower metabolism. The description given matches these features exactly. Ectomorphs are lean, while mesomorphs are muscular. Therefore, Mr. Anil Abraham's body type is clearly endomorph.

(xiii) The body structure in which a person holds his body upright against gravity when one is standing, sitting or lying down is known as:
(a) Agility
(b) Co-ordination
(c) Accuracy
(d) Posture

Ans :

(d) Posture
Posture refers to the position in which a person holds their body while standing, sitting, or lying down. It involves maintaining balance and alignment against gravity. Good posture helps prevent injuries and improves physical efficiency, while the other options relate to different physical abilities, not body positioning.

(xiv) The body's ability to direct the body muscles to achieve the given target every time is called _____.
(a) Power
(b) Speed
(c) Accuracy
(d) Flexibility

Ans :

(c) Accuracy
Accuracy is the ability to control and direct body movements to achieve a specific target consistently. It involves precision and coordination of muscles to perform tasks correctly. Power, speed, and flexibility relate to strength, quickness, and range of motion, not precise targeting of movements.

(xv) _____ is used for the growth and repair of all the cells in the body.
(a) Protein
(b) Vitamin
(c) Fat
(d) Carbohydrate

Ans :

(a) Protein
Proteins are essential nutrients responsible for growth and repair of body tissues and cells. They help in building muscles, repairing damaged tissues, and maintaining overall body functions. Vitamins regulate processes, while fats and carbohydrates mainly provide energy, making protein the correct answer.

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(xvi) The ability of an individual to perform movements of the same pattern at a faster rate is called:
(a) Speed
(b) Power
(c) Balance
(d) Flexibility

Ans :

(a) Speed
Speed is the ability to perform movements quickly in the shortest possible time. It involves rapid execution of similar movement patterns, such as running or cycling faster. Power combines strength and speed, while balance and flexibility relate to stability and range of motion, not quick repetition of movements.

(xvii) Which of the following is a common sign of concussion?
(a) Swelling in the back of the heel.
(b) Nausea or vomiting.
(c) Tenderness along the inner side of the knee.
(d) Spasm in the lower back muscle.

Ans :

(b) Nausea or vomiting.
A concussion is a brain injury often caused by a blow to the head. Common symptoms include headache, dizziness, confusion, and nausea or vomiting. The other options relate to different injuries such as heel pain, knee issues, or muscle spasms, not concussion symptoms.

(xviii) A training programme made for each player according to their abilities or limits is based on the:
(a) Principle of Individuality
(b) Principle of Adaptation
(c) Principle of Reversibility
(d) Principle of Overload

Ans :

(a) Principle of Individuality
The principle of individuality states that each person responds differently to training based on their abilities, fitness level, and limitations. Therefore, training programmes should be customized for each individual. This ensures better performance and avoids injury, unlike general training methods applied equally to everyone.

(xix) Match the following:

	Column 1		**Column 2**
A.	Principle of Specificity	1.	Training effect reduces when exercise stops
B.	Principle of Overload	2.	Training should be based on personal capability
C.	Principle of Individuality	3.	Training must be harder than usual to improve skill
D.	Principle of Reversibility	4.	Training should target the required skill

(a) A-2, B-4, C-3, D-1
(b) A-3, B-4, C-2, D-1
(c) A-4, B-3, C-1, D-2
(d) A-4, B-3, C-2, D-1

Ans :

(d) A-4, B-3, C-2, D-1
Specificity means training targets a particular skill (A-4). Overload means training must be harder than usual (B-3). Individuality means training depends on personal ability (C-2). Reversibility means training effects reduce when exercise stops (D-1). Thus, option (d) correctly matches all principles.

(xx) Sam has curly hair and dimples just like his mother. He wonders how these traits were passed on to him from his mother. After discussing with his teacher, he concludes that these features are transferred from the parents to the children through a biological process. This process is known as _____.
(a) Puberty
(b) Old age
(c) Gender
(d) Heredity

Ans :

(d) Heredity
Heredity is the biological process through which traits are passed from parents to their offspring. Features like curly hair and dimples are inherited through genes. Puberty and old age relate to life stages, while gender refers to identity, not the transmission of physical characteristics.

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QUESTION 2.

(i) Write any two factors which influence the growth and development of an individual.

Ans :

1. Heredity
2. Environment

(ii) Name any four components of physical fitness.

Ans :

1. Strength
2. Endurance
3. Flexibility
4. Speed

(iii) Give any three reasons why sports training is important for athletes.

Ans :

1. Improves physical fitness and performance
2. Develops skills and techniques
3. Helps in better coordination and confidence

(iv) State any three characteristics of an Ectomorph.

Ans :

1. Thin and lean body
2. Narrow shoulders and chest
3. Low body fat and difficulty in gaining weight

QUESTION 3.

(i) RICE is a method used in first aid. Write the full form of RICE.

Ans :

R – Rest
I.– Ice
C – Compression
E – Elevation

(ii) Explain any two factors which affect the physical fitness of an individual.

Ans :

1. Diet : Proper nutrition provides energy and helps in muscle growth and recovery.
2. Exercise : Regular physical activity improves strength, endurance, and overall fitness.

(iii) Given below is a picture of three girls and two boys depicting a particular stage of growth and development.

(a) Identify the stage of growth and development depicted in the picture.
(b) Write any two characteristics of this stage of growth and development.

Ans :

(a) Adolescence
1. Rapid physical growth and hormonal changes
2. Development of emotional and social maturity

(iv) Aarav is tall and underweight, with a narrow frame. He is quick and agile on the field but lacks muscle strength. Aarav consciously does his warm-up and cooling down regularly as per the instructions of his coach. His coach designs a special program to help him build muscle and strength gradually.
(a) Which body type does Aarav have?
(b) Which principle of training has the coach applied?
(c) By doing warm up and cooling down, what is Aarav trying to avoid?

Ans :

(a) Ectomorph
(b) Principle of Overload
(c) Injuries (muscle strain or injury)

QUESTION 4.

(i) Explain the term cardiovascular endurance.

Ans :

Cardiovascular endurance is the ability of the heart, lungs, and blood vessels to supply oxygen efficiently to the working muscles during prolonged physical activity. It helps a person perform exercises like running or cycling for a longer duration without getting tired easily.

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(ii) Define the term under-nutrition.

Ans :

Under-nutrition is a condition in which a person does not get adequate nutrients, calories, or energy from their diet. It leads to poor health, weakness, stunted growth, and increased risk of diseases due to lack of proper nourishment.

(iii) Write any three differences between Endomorphs and Mesomorphs.

Ans :

Endomorph	**Mesomorph**
Round or pear-shaped body	Muscular and well-built body
High body fat	Low to moderate body fat
Gains weight easily	Gains muscle easily

(iv) Injuries can have a major impact on the performance of a player. Mention any three ways of preventing injuries in sports.

Ans :

1. Proper warm-up and cool-down before and after activity
2. Use of correct technique and proper equipment
3. Maintaining good physical fitness and flexibility

SECTION-B

(Attempt two questions from this Section.)

(You must attempt one question on each of the two games of your choice.)

CRICKET

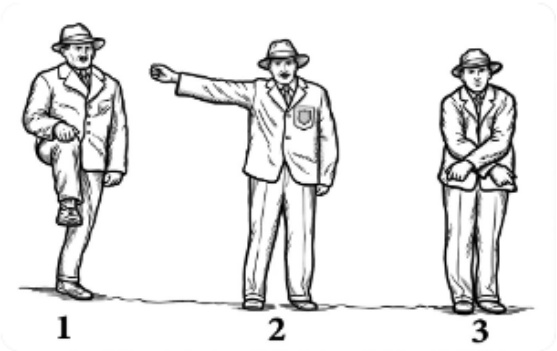
QUESTION 5.

(i) Explain the following terms related to the game of cricket:
(a) Dot ball
(b) Duck
(c) Free Hit
(d) Beamer

Ans :

(a) A dot ball is a delivery in cricket on which no run is scored by the batting team. It is recorded as a dot (•) in the scorecard and helps build pressure on the batsman.
(b) A duck refers to a batsman getting out without scoring any runs. It means the player is dismissed for zero, which is considered an undesirable outcome in batting.
(c) A free hit is a delivery given to the batsman after a no-ball. On this ball, the batsman cannot be dismissed except through run-out, hit the ball twice, or obstructing the field.
(d) A beamer is an illegal delivery in cricket where the ball is bowled at full toss above the batsman's waist height. It is dangerous and results in a no-ball being called by the umpire.

(ii) Answer the following questions:
(a) Identify and write the following umpire signals as shown below.



(b) Mention any three circumstances where a wicket falls but the bowler is not given credit in a cricket match.
(c) What is power play?

Ans :

(a) 1. Leg Bye
2. No Ball
3. Dead Ball
(b) 1. Run out
2. Hit wicket
3. Obstructing the field
(c) Power play is a fielding restriction period in limited-overs cricket where only a limited number of fielders are allowed outside the 30-yard circle, encouraging aggressive batting and higher scoring.

(iii) Name the correct term used in the game of cricket for each of the following:
(a) A large screen (white or black) positioned beyond the boundary behind the bowler.

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(b) A ball that is bowled by a bowler, not being a no ball, touches the bat and is caught by the fielders before it touches the ground.
(c) A ball that is bowled by the bowler, is out of reach of the batsman, according to the umpire.
(d) A ball bowled by the bowler that rises sharply after pitching above waist level or shoulder level.
(e) The wicket put down by a delivery bowled by the bowler, not being a no ball.
(f) A negative bowling in which the ball is aimed at the body of a batsman.
(g) An over in which no runs, or no extra runs are given by the bowler.
(h) When a batsman arrives late to the crease after the fall of previous wicket to play in a match.

Ans :

(a) Sight Screen
(b) Caught
(c) Wide Ball
(d) Bouncer
(e) Bowled
(f) Bodyline Bowling
(g) Maiden Over
(h) Late Arrival (or Late Batsman)

QUESTION 6.

(i) Explain the following terms related to the game of cricket:
(a) An over
(b) A run
(c) A striker
(d) A dead ball

Ans :

(a) An over is a set of six consecutive legal deliveries bowled by a bowler from one end of the pitch.
(b) A run is the basic unit of scoring in cricket, completed when batsmen run between the wickets or score through boundaries.
(c) Strike refers to the batsman who is facing the bowler and receiving the delivery.
(d) A dead ball is a delivery on which no further play is possible and no runs or dismissals can occur.

(ii) (a) Bahubali was batting on 99 runs. Giriraj bowled the next ball. Bahubali played the shot. The ball was caught by the wicket keeper. Everyone appealed because they thought the batsman had edged the ball. Both the umpires after consultation with each other were not able to come to a conclusion.
1. Whom will they refer to for help?
2. Give any two duties of the person whom they will refer to for a decision.
(b) What is the shape, circumference and weight of a cricket ball?
(c) Name any three national cricket tournaments.

Ans :

(a) 1. Third Umpire
2. (i) To give decisions using video replays (e.g., run-out, stumping)
(ii) To assist on close or doubtful decisions (like catches or boundaries)
(b) Shape: Spherical
Circumference: 22.4 – 22.9 cm
Weight: 155.9 – 163 grams
(c) 1. Ranji Trophy
2. Vijay Hazare Trophy
3. Syed Mushtaq Ali Trophy

(iii) (a) Explain the term yorker.
(b) What is a full toss in cricket?
(c) Mention any two formats played in cricket.
(d) Explain the term run-up in cricket.

Ans :

(a) A yorker is a delivery that pitches very close to the batsman's feet or the base of the stumps, making it difficult to play.
(b) A full toss is a delivery that reaches the batsman without bouncing on the pitch.
(c) 1. Test Cricket
2. One Day International (ODI)
(d) Run-up is the distance covered by a bowler before delivering the ball, used to gain momentum and speed.

FOOTBALL

QUESTION 7.

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(i) Explain the following terms related to the game of football:
(a) Ball out of play
(b) Sudden death
(c) Tackle
(d) Nutmeg

Ans :

(a) The ball is considered out of play when it completely crosses the touch line or goal line, either on the ground or in the air, or when the referee stops the game.
(b) Sudden death is a tie-breaking method in extra time where the team that scores the first goal wins the match immediately.
(c) A tackle is a defensive action where a player attempts to take the ball away from an opponent using legal means without committing a foul.
(d) A nutmeg is a skill move where a player plays the ball through an opponent's legs and regains possession on the other side.

(ii) (a) Mention any three circumstances when a player is not considered offside in spite of being in an offside position.
(b) In a match when the ball passes the touch line, the assistant referee gives a signal of ball out of play. What procedure should be followed to restart the game?
(c) Write the full forms of IFAB, AIFF and GLT.

Ans :

(a) 1. When receiving the ball from a throw-in
2. When receiving the ball from a corner kick
3. When receiving the ball from a goal kick
(b) The game is restarted with a throw-in taken by the opposing team from the point where the ball crossed the touchline.
(c) IFAB – International Football Association Board
AIFF – All India Football Federation
GLT – Goal Line Technology

(iii) Mention the following measurements:
(a) Weight and circumference of the ball.
(b) Height and width of the goal post.
(c) Distance of penalty mark and penalty arc.
(d) Length and width of the field of play.

Ans :

(a) Weight: 410 – 450 grams
Circumference: 68 – 70 cm
(b) Height: 2.44 m
Width: 7.32 m
(c) Penalty mark: 11 m from goal line
Penalty arc: 9.15 m radius
(d) Length: 90 – 120 m
Width: 45 – 90 m

QUESTION 8.

(i) Explain the following terms related to the game of football:
(a) Expulsion
(b) Goal kick
(c) Lob
(d) Injury time

Ans :

(a) Expulsion refers to a player being sent off the field by the referee (red card) for serious foul play or misconduct.
(b) A goal kick is awarded to the defending team when the ball crosses the goal line last touched by an attacking player and no goal is scored.
(c) lob is a high, arcing kick used to send the ball over an opponent, usually the goalkeeper or defender.
(d) Injury time (added time) is extra time added at the end of each half to compensate for stoppages like injuries, substitutions, or delays.

(ii) Answer the following questions:
(a) When is corner kick awarded and from where is it taken?
(b) Punjab was playing against Haryana. The game started getting rough and the referees were losing control of the match. The referee started cautioning the players in order to control the game. State any three fouls for which the referee can show a yellow card to the player.
(c) What is kick-off in football? When is it applied in the game?

Ans :

(a) A corner kick is awarded when the ball crosses the goal line last touched by a defending player without scoring a goal. It is taken from the corner arc nearest to where the ball crossed the goal line.
(b) 1. Unsporting behaviour
2. Persistent infringement of rules
3. Delaying the restart of play
(c) A kick-off is a method of starting or restarting the game by kicking the ball from the center spot. It is applied at the beginning of each half and after a goal is scored.

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(iii) Answer the following questions:
(a) Name any two national and two international tournaments of football.
(b) Referees are considered as the backbone of the game. Give any four duties of a referee for the smooth conduct of the game.

Ans :

(a) National:
1. Santosh Trophy
2. Durand Cup

International:
1. FIFA World Cup
2. UEFA European Championship

(b) four duties of a referee for the smooth conduct of the game are as follows :
1. Enforce the rules of the game
2. Maintain discipline among players
3. Keep time and record the match
4. Award free kicks, penalties, and cards

HOCKEY

QUESTION 9.

(i) Explain the following terms related to the game of hockey:
(a) Push
(b) Flick
(c) Bully
(d) Manufacture foul

Ans :

(a) A push is a technique where the ball is moved along the ground using a pushing motion of the stick without swinging it.
(b) 1A flick is a skill used to lift the ball off the ground using a quick wrist action, often used in penalty strokes or passes.
(c) A bully is a method of restarting play in hockey where two opposing players tap their sticks on the ground and then against each other before playing the ball.
(d) A manufactured foul is when a player deliberately tries to gain a foul unfairly, such as intentionally hitting the opponent's stick.

(ii) (a) In a hockey match, the captain is the most important member of the team. List any three duties of the captain in hockey.
(b) The Umpire is responsible for any decision in a hockey match. List any three situations where the Umpire awards a penalty stroke in a hockey match.
(c) List any three types of equipment required on the technical table to conduct a hockey match.

Ans :

(a) 1. Lead and motivate the team
2. Communicate with the umpire
3. Ensure discipline among players

(b) 1. When a defender commits a foul preventing a probable goal
2. When a defender deliberately fouls inside the circle
3. When the ball is illegally stopped on the goal line

(c) 1. Stopwatch
2. Score sheet
3. Whistle

(iii) Answer the following:
(a) The length and breadth of the play field.
(b) Height and length of the goal post.
(c) Weight and circumference of the hockey ball.
(d) Length and weight of the hockey stick.

Ans :

(a) Length: 91.4 m
Breadth: 55 m
(b) Height: 2.14 m
Width: 3.66 m
(c) Weight: 156 – 163 g
Circumference: 22.4 – 23.5 cm
(d) Maximum length: 105 cm
Weight: 340 – 794 g

QUESTION 10.

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(i) Explain the following terms related to the game of hockey:
(a) Side line
(b) Field goal
(c) Reverse hit
(d) Playing distance

Ans :

(a) Side line is the boundary line running along the length of the field. The ball is out of play when it completely crosses this line.
(b) A field goal is a goal scored from open play when the ball is hit into the goal from within the shooting circle.

(c) A reverse hit is played using the back side of the hockey stick, usually to strike or pass the ball in the opposite direction.
(d) Playing distance is the distance within which a player can reach and control the ball using the stick safely.

(ii) Answer the following questions:
(a) Mention any three duties of the table official in the game of hockey.
(b) Explain the procedure to be followed when a penalty corner is awarded.
(c) State the importance of shooting circle in hockey.

Ans :

(a) 1. Maintain match records and score sheet
2. Keep time of the match
3. Assist umpires in substitutions and player control
(b) The ball is placed on the backline, and an attacker pushes it to teammates outside the circle. Defenders stand behind the goal line. Attackers attempt to score after stopping the ball outside the circle and taking a shot.
(c) A goal can only be scored when the ball is hit from within the shooting circle. It is the most important scoring area in hockey.

(iii) Answer the following questions:
(a) Write the full form of FIH and IHF.
(b) Explain the term astro turf.
(c) Explain the procedure of centre pass in hockey.
(d) When is the ball considered out ofplay in a hockey match?

Ans :

(a) FIH – International Hockey Federation
IHF – Indian Hockey Federation
(b) Astro turf is a synthetic playing surface used in hockey that provides a smooth and fast field for better ball movement and gameplay.
(c) A centre pass is used to start or restart the game from the center of the field. The ball is passed from the center spot to a teammate at the beginning of the match or after a goal.
(d) The ball is out of play when it completely crosses the side line or backline, or when the umpire stops the game.

BASKETBALL

QUESTION 11.

(i) Explain the following terms related to the game of basketball:
(a) Possession arrow
(b) Dunk
(c) Triple threat
(d) Press

Ans :

(a) Possession arrow indicates which team will get the ball during a jump ball situation. It alternates between teams after each use.
(b) A dunk is a scoring move where a player jumps and forcefully puts the ball directly into the basket with one or both hands.
(c) Triple threat position is when a player holding the ball can pass, shoot, or dribble, making them a strong offensive threat.
(d) Press is a defensive strategy where players apply pressure on opponents, usually in the backcourt, to regain possession.

(ii) (a) Shooting is an important skill for a team's success in a basketball match. Name any three shooting skills a player must possess in basketball.
(b) List any three situations when a game clock is stopped during a game.
(c) State any three rules to be followed during Throw-in.

Ans :

(a) 1. Lay-up shot
2. Jump shot
3. Free throw
(b) 1. When a foul is committed
2. When the ball goes out of bounds
3. During time-outs
(c) 1. Player must throw the ball from outside the boundary line
2. Must release the ball within 5 seconds
3. Cannot step on the court before releasing the ball

(iii) (a) Why is carry considered a violation? Explain.
(b) Name any two international tournaments of basketball.
(c) Explain the term drive in basketball.
(d) In basketball, what is meant by an air ball?

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Ans :

(a) Carry is a violation because it involves holding or turning the ball excessively while dribbling, giving an unfair advantage. It breaks the continuous dribbling rule, allowing better control and movement than permitted.
(b) 1. FIBA Basketball World Cup
2. Olympic Games
(c) A drive is an offensive move where a player dribbles quickly towards the basket to attempt a score or create a scoring opportunity.
(d) An air ball is a shot that fails to touch the rim, backboard, or net, missing everything completely.

QUESTION 12.

(i) Explain the following terms related to the game of basketball:
(a) Double foul
(b) Screen
(c) Zone defense
(d) Lay up

Ans :

(a) A double foul occurs when two opposing players commit fouls against each other at the same time.
(b) A screen is a legal action where a player blocks a defender to free a teammate for a pass or shot.
(c) Zone defense is a defensive strategy where players guard specific areas instead of individual opponents.
(d) A lay-up is a close-range shot taken by jumping towards the basket and placing the ball softly into the hoop.

(ii) (a) State any six equipment required to conduct a basketball match.
(b) Name any three types of dribbling in basketball.
(c) Mention any three situations when the ball is considered dead in a game of basketball.

Ans :

(a) 1. Basketball
2. Backboard
3. Hoop (basket) with net
4. Scoreboard
5. Stopwatch/game clock
6. Whistle
(b) 1. High dribble
2. Low dribble
3. Reverse dribble
(c) 1. When a foul is committed
2. When the ball goes out of bounds
3. When a violation occurs

(iii) Answer the following questions:
(a) Mention any four skills of basketball game.
(b) Explain 'Three second rule' and 'Five second rule'.
(c) Write the full form of BFI and FIBA.
(d) Explain the term loose ball in basketball.

Ans :

(a) 1. Dribbling
2. Passing
3. Shooting
4. Rebounding
(b) Three second rule: An offensive player cannot stay in the restricted area (key) for more than three seconds.
Five second rule: A player must pass, shoot, or dribble the ball within five seconds when closely guarded or during throw-in.
(c) BFI – Basketball Federation of India
FIBA – International Basketball Federation
(d) A loose ball is when the ball is not in possession of any player, such as after a missed shot, pass, or deflection.

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VOLLEYBALL

QUESTION 13.

(i) Explain the following terms related to the game of volleyball:
(a) Float
(b) Joust
(c) Block assist
(d) A setter

Ans :

(a) A float serve is a serve with no spin, causing the ball to move unpredictably in the air.
(b) A joust occurs when two opposing players simultaneously contact the ball above the net, trying to gain control.
(c) Block assist is when two or more players combine to block an opponent's attack successfully.
(d) A setter is a player who sets up the ball for attackers by delivering accurate passes for spikes.

(ii) (a) Name any three blocking faults in volleyball.
(b) Mention any six fundamental skills of volleyball.
(c) State any three playing faults in volleyball.

Ans :

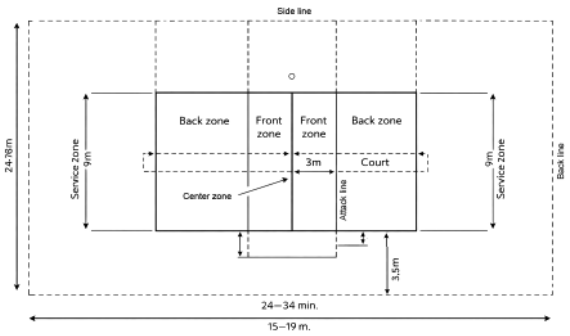
(a) 1. Blocking a serve
2. Reaching over the net illegally
3. Touching the net during block

(b) 1. Serving
2. Passing
3. Setting
4. Spiking
5. Blocking
6. Digging

(c) 1. Double hit
2. Carrying the ball
3. Foot fault

(iii) Draw a neat diagram of a volleyball court and mark the following:
(a) Back zone
(b) Front zone
(c) Centre zone
(d) Side line
(e) Back line
(f) Attack line

Ans :



QUESTION 14.

(i) Explain the following terms:
(a) Net violation
(b) Foot fault
(c) Penetration fault
(d) Assisted hit

Ans :

(a) A net violation occurs when a player touches the net during play while attempting to hit or block the ball.
(b) A foot fault occurs when a player steps on or crosses the boundary line while serving.
(c) A penetration fault occurs when a player crosses the center line and interferes with the opponent's play.
(d) An assisted hit is when a player takes support from a teammate or object to reach and hit the ball, which is illegal.

(ii) (a) List any three duties of a second referee.
(b) Name any three international tournaments of volleyball.
(c) State any three serving faults in volleyball.

Ans :

(a) 1. Assist the first referee in controlling the game
2. Check player positions and substitutions
3. Monitor net violations and faults

(b) 1. Olympic Games
2. FIVB World Championship
3. Volleyball World Cup

(c) 1. Foot fault while serving
2. Ball does not cross the net
3. Delay in service beyond time limit

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(iii) (a) State any two restrictions on attack hit.
(b) What is a rally?
(c) What do you mean by extension roll in volleyball?
(d) Explain the term double contact in volleyball.

Ans :

(a) 1. Back row players cannot attack from front zone above net height
2. Serve cannot be attacked directly above the net

(b) A rally is the continuous play of the ball between teams after the serve until a point is scored.
(c) Extension roll is a defensive technique where a player rolls forward after diving to receive the ball safely.
(d) Double contact occurs when a player hits the ball twice consecutively or the ball touches different parts of the body in one action illegally.

BADMINTON

QUESTION 15.

(i) Explain the following terms related to the game of badminton:
(a) Rally
(b) Lunge
(c) Deuce
(d) Bird

Ans :

(a) A rally is the continuous exchange of shots between players after the serve until a point is scored.
(b) A lunge is a movement where a player stretches one leg forward to reach and hit the shuttlecock, especially near the net.
(c) Deuce occurs when both players reach 20 points each, and a player must win by a margin of two points.
(d) Bird (shuttlecock) is the object hit by players in badminton, made of feathers or synthetic material.

(ii) (a) List any six faults committed by a player in the game of badminton.
(b) Explain the procedure of scoring in badminton.
(c) Write any three basic skills coaches focus on while coaching beginners in badminton.

Ans :

(a) 1. Shuttle lands outside boundary lines
2. Shuttle does not cross the net
3. Double hit
4. Touching the net with racket or body
5. Serving above waist level
6. Foot fault during service

(b) Badminton follows the rally point system. A point is scored on every rally, regardless of who serves. A match is usually played to 21 points, and a player must win by at least two points. If the score reaches 29-29, the next point wins.

(c) 1. Grip techniques
2. Footwork
3. Basic strokes

(iii) (a) What is a short serve in badminton?
(b) Explain the term drive in badminton.
(c) Define the term set in badminton.
(d) When is the shuttle not in play in badminton?

Ans :

(a) A short serve is a serve that travels just over the net and lands close to the opponent's front service line.
(b) A drive is a fast and flat shot hit horizontally over the net, used to maintain pressure on the opponent.
(c) A set is a part of a match. A badminton match is usually played as the best of three sets.
(d) The shuttle is not in play when it hits the ground, goes out of bounds, or when a fault is called by the umpire.

QUESTION 16.

(i) Explain the following terms:
(a) Forehand grip
(b) Love all
(c) Net kill
(d) Wood shot

Ans :

(a) Forehand grip is the basic way of holding the racket, similar to a handshake, used for forehand shots.
(b) Love all means the score is 0–0 at the beginning of the game.
(c) A net kill is a quick, downward shot played close to the net to finish a rally.
(d) A wood shot occurs when the shuttle hits the frame of the racket instead of the strings but still goes over the net.

(ii) (a) List any three conditions under which a badminton match can be suspended.
(b) Distinguish between singles and doubles match in badminton.
(c) List any three situations when a player can be given a yellow card.

Ans :

(a) 1. Poor lighting conditions making play difficult
2. Unsafe court conditions (wet/slippery surface)
3. External disturbances (crowd interference or emergencies)

(b) The difference between singles and doubles match in the badminton are as follows :

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Singles	**Doubles**
Played by one player on each side	Played by two players on each side
Uses narrow court (inner sidelines)	Uses full court width (outer sidelines)
Player covers entire court alone	Court is shared between two players
Requires more stamina and movement	Requires coordination and teamwork

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(c) Three situations when a player can be given a yellow card are as follows :
1. Misconduct or unsporting behavior.
2. Deliberate delay of game
3. Arguing with the umpire

(iii) (a) Explain the term footwork in badminton.
(b) State the full form of BAI and BWF.
(c) Write any two types of grips used in badminton.
(d) Mention the length and weight of a badminton racket.

Ans :

(a) Footwork in badminton is the movement of a player on the court to reach the shuttle quickly and return to the base position. It helps in maintaining balance and playing effective shots.
(b) BAI – Badminton Association of India
BWF – Badminton World Federation
(c) 1. Forehand grip
2. Backhand grip
(d) Length: Maximum 68 cm
Weight: 80 – 100 grams

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ICSE CLASS X

EXAMINATION PAPER 2025

PHYSICAL EDUCATION

Time: 2 Hours **Max. Marks: 100**

General Instructions:

1. Answer to this Paper must be written on the answer sheet provided separately.
2. You will not be allowed to write during first 15 minutes.
3. This time is to be spent in reading the question paper.
4. The time given at the head of this Paper is the time allowed for writing the answers.
5. Attempt all questions from Section A and two questions from Section B.
6. The intended marks for questions or parts of questions are given in brackets [].

SECTION A

(Attempt all questions from this Section.)

QUESTION 1.

Choose the correct answer to the questions from the given options.

(Do not copy the questions, write the correct answers only.)

(i) Enhancing the level of physical fitness is possible with the help of _____.
(a) Coordination
(b) Strength
(c) Training
(d) Over nutrition

Ans :

(c) Training
Training is a systematic approach that improves an individual's stamina, strength, and overall performance. Through consistent practice and exercise routines, the body adapts to increasing workloads, which fosters better physical capabilities. Training ensures progressive overload on muscles and cardiovascular systems, thereby leading to enhanced physical fitness and overall health benefits.

(ii) The ability of a joint to move through a full range of motion is called _____.
(a) Agility
(b) Speed
(c) Coordination
(d) Flexibility

Ans :

(d) Flexibility
Flexibility is the capacity of a joint to move smoothly and efficiently through its full range of motion. It reduces muscle tension, enhances posture, and supports mobility. Regular stretching or yoga significantly improves flexibility by lengthening muscles, increasing blood flow, and enabling greater freedom of movement without discomfort or strain.

(iii) If you love a particular sport and have excellent verbal communication skills, then you can choose a career as a _____.
(a) Sports person
(b) Sports manager
(c) Commentator
(d) Sports Official

Ans :

(c) Commentator
Becoming a commentator suits individuals who excel in verbal communication, possess in-depth knowledge of a specific sport, and can convey action-packed scenarios to audiences. Commentators provide live analysis, interpret strategies, and keep viewers engaged. Strong storytelling skills and a confident vocal presence make this career path both exciting and fulfilling.

(iv) Which of the following helps to improve cardio-respiratory endurance?
(a) Lifting weights
(b) Anaerobic exercises
(c) Pull-ups
(d) Aerobic exercises

Ans :

(d) Aerobic exercises
Aerobic exercises, like running, cycling, or swimming, enhance cardiorespiratory endurance

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by conditioning the heart and lungs to work more efficiently. They involve sustained activities that use oxygen to generate energy. Regular aerobic workouts improve oxygen distribution, reduce fatigue, strengthen the cardiovascular system, and ultimately support overall stamina and physical performance.

(v) Which of the following body types is characterised by pear-shaped structure?
(a) Endomorph
(b) Mesomorph
(c) Ectomorph
(d) Pseudomorph

Ans :

(a) Endomorph
Endomorphs typically have a rounder, pear-shaped body and higher fat storage, especially around the hips and thighs. Their metabolic rate is often slower, making weight loss more challenging. They usually possess softer physiques and benefit from balanced diets and tailored exercise routines to improve muscle tone, fitness, and overall health.

(vi) **Assertion (A) :** Poor physical fitness of players is the common cause of sports injuries.
Reason (R) : Physically fit players are less likely to sustain injuries during sports.
(a) Both (A) and (R) are true and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
(c) (A) is true and (R) is false.
(d) (A) is false and (R) is true.

Ans :

(a) Both (A) and (R) are true and (R) is the correct explanation of (A).
Poorly conditioned players are more prone to injuries due to inadequate muscle strength, endurance, and flexibility. Conversely, physically fit players have stronger, significantly more stable structures that better withstand stresses. Since higher fitness levels reduce injury risk, the reason directly explains why poor fitness commonly leads to increased injury incidence.

(vii) Which of the following is a component of physical fitness?
(a) Variance
(b) Frequency
(c) Speed
(d) Individuality

Ans :

(c) Speed
Speed is crucial for reacting and moving quickly in various sports. It involves swift muscle contractions, optimal biomechanics, and efficient energy usage. Training for speed includes sprint drills, plyometric exercises, and explosive movements. Athletes benefit from improved agility, faster transitions, and higher-performance levels when they develop superior speed overall capabilities.

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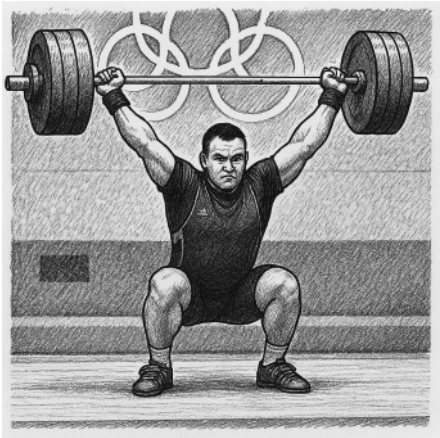
(viii) Identify which component of physical fitness is being displayed in the given picture:



(a) Stamina
(b) Endurance
(c) Flexibility
(d) Power

Ans :

(d) Power
The image shows an athlete performing a weightlifting move, which involves explosive strength to lift a heavy load rapidly. This demonstrates power, a component of physical fitness that combines strength and speed. Power is essential in activities requiring sudden bursts of force, like lifting, jumping, or sprinting in sports performance.

(ix) Genetic disorder is caused by _____.
(a) environmental factor
(b) abnormality in genes
(c) lifestyle
(d) temperature of the area

Ans :

(b) Abnormality in genes
Genetic disorders arise when there is an alteration

or mutation in a person's DNA, disrupting normal gene function. These abnormalities can be inherited or appear spontaneously during cell division. They lead to varied health conditions, ranging from mild to severe. Lifestyle or environment alone typically do not cause genetic disorders.

(x) Maintaining a regular schedule of training with minimal interruption is called _____.
(a) principle of overload
(b) principle of periodisation
(c) principle of specificity
(d) principle of continuity

Ans :

(d) Principle of continuity
The principle of continuity stresses consistent training without extended breaks. Regular practice leads to gradual yet sustained improvements in strength, endurance, and skill. Interruptions like frequent long breaks or irregular schedules hinder progress. By adhering to continuous sessions, athletes retain adaptations, build on prior gains, and maintain steady development.

(xi) Mahipal is a trainer of the Kolkata Football Team. In order to improve the endurance of his team, Mahipal designs a training program. Which of the following training methods should he follow?
(a) Increase intensity and duration of the training gradually
(b) Focus on high-intensity interval training only
(c) Incorporate strength training exercise only
(d) Ignore proper warm-up and cool-down procedures

Ans :

(a) Increase intensity and duration of the training gradually
Gradual progression in intensity and duration is key to improving endurance safely. This approach allows the cardiovascular system and muscles to adapt without sudden overload or heightened injury risk. Warm-ups, cool-downs, and careful increments in workload foster steady improvement in stamina, promote recovery, and establish a strong aerobic foundation.

(xii) Match the following:
I. Abrasion ——— 1. Head
II. Concussion ——— 2. Ankle
III. Torn ACL ——— 3. Skin
IV. Achilles tendonitis ——— 4. Knee
(a) I-3, II-1, III-4, IV-2
(b) I-3, II-4, III-2, IV-1
(c) I-4, II-3, III-1, IV-2
(d) I-2, II-3, III-4, IV-1

Ans :

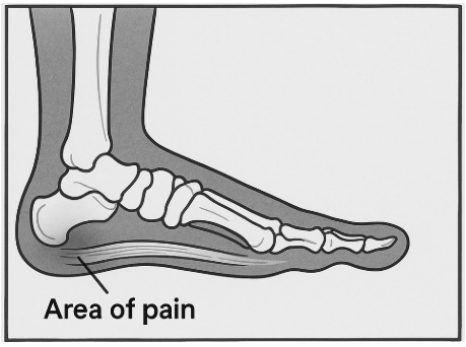
(a) I-3, II-1, III-4, IV-2
Abrasion (I) affects the skin (3), typically causing surface-level damage. Concussion (II) is an injury to the head (1) resulting in temporary brain function disruption. Torn ACL (III) occurs in the knee (4) joint, a key stabilizer in leg movement. Achilles tendonitis (IV) affects the ankle (2), causing heel pain.

(xiii) The qualification required for a physical education teacher to teach at the school level in India is:
(a) PhD
(b) B.P.Ed.
(c) Sports management
(d) NIS

Ans :

(b) B.P.Ed.
A Bachelor of Physical Education (B.P.Ed.) equips aspiring teachers with foundational knowledge in sports science, exercise physiology, and teaching pedagogy. The degree ensures they understand best practices in health, fitness, and instruction methods for school-level learners. Higher qualifications like PhD or diplomas in sports management are not mandatory for school teaching.

(xiv) Identify the sports injury shown in the image below:



(a) Sprained Ankle
(b) Achilles Tendonitis
(c) Planter Fasciitis
(d) Tennis Elbow

Ans :

(c) Plantar Fasciitis

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The image highlights pain in the heel and arch area of the foot—classic signs of Plantar Fasciitis. This condition involves inflammation of the plantar fascia, a thick band of tissue connecting the heel bone to the toes. It's common in runners or athletes due to overuse, poor footwear, or tight calves.

(xv) Which body type is characterised as long and lean, with low body fat and little muscle?
(a) Endomorph
(b) Mesomorph
(c) Ectomorph
(d) Pseudomorph

Ans :

(c) Ectomorph
An ectomorph typically has a slender physique, minimal fat, and less muscle mass. They find it more challenging to gain weight or build muscle. Their limbs are long, and metabolism is generally faster. Structured resistance training and adequate nutrition are vital for improving muscle tone and overall strength levels significantly.

(xvi) Health related physical fitness components are:
(a) Agility and Speed
(b) Cardiorespiratory endurance and Flexibility
(c) Balance and Coordination
(d) Power and Speed

Ans :

(b) Cardiorespiratory endurance and Flexibility
Cardiorespiratory endurance involves the ability of the heart and lungs to supply oxygen to working muscles during prolonged activity. Flexibility allows joints to move smoothly through their full range of motion. These components improve stamina, reduce injury risk, and enhance posture, coordination, and performance across sports or daily physical tasks.

(xvii) The adulthood stage falls between the age of _____.
(a) 10 to 17 years
(b) 14 to 18 years
(c) 12 to 19 years
(d) 19 to 65 years

Ans :

(d) 19 to 65 years
Adulthood spans from late teens into middle age, typically defined as 19 to 65 years. During this period, individuals achieve peak physical abilities, must maintain healthy habits to prevent decline. Career establishment, personal growth, and family responsibilities often characterize these decades, making consistent exercise, balanced nutrition, and stress management essential.

(xviii) An umpire, referee, scorer, linesmen etc. at a sporting event is known as a/an _____.
(a) coach
(b) official
(c) manager
(d) commentator

Ans :

(b) Official
Officials oversee fair play and enforce rules, ensuring each competitor abides by regulations. They handle disputes, monitor scoring, and maintain order on the field. Their impartial decisions preserve integrity and credibility of events. Umpires, referees, linesmen, or scorers must display knowledge, vigilance, confidence, and fairness to foster respect and sportsmanship.

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(xix) **Assertion (A) :** A balanced diet depends on age; gender and the type of work that one is required to perform.
Reason (R) : A balanced diet is composed of carbohydrates, proteins, fats, vitamins, minerals and water.
(a) Both (A) and (R) are true and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true but (R) is not the correct explanation of (A).
(c) (A) is true and (R) is false.
(d) (A) is false and (R) is true.

Ans :

(b) Both (A) and (R) are true and (R) is the correct explanation of (A).
A balanced diet does depend on factors like age, gender, and type of work/activity, because different individuals have different nutritional needs.
A balanced diet does include carbohydrates, proteins, fats, vitamins, minerals, and water.
However, (R) does not explain (A) — it defines what a balanced diet is, but doesn't address why it varies with age, gender, or activity level. So, (b) is the most accurate option.

(xx) What is the primary purpose of warm-up exercise before physical activity?
(a) To improve performance
(b) To prevent injuries

(c) To increase strength
(d) To enhance flexibility

Ans :

(b) To prevent injuries
Warm-up exercises prepare the body by increasing blood flow, elevating muscle temperature, and improving joint flexibility. This reduces muscle stiffness and raises heart rate gradually, minimizing the likelihood of strains or sprains. It enhances neuromuscular coordination and readiness, helping athletes transition seamlessly into more demanding activities while lowering injury risks.

QUESTION 2.

(i) Define strength.

(ii) Explain sports management as a career.

(iii) Name any three factors affecting physical fitness.

(iv) How does proper knowledge of rules of the games or sports help in the prevention of injuries?

Ans :

(i) Strength is the ability of a muscle or group of muscles to exert force against resistance. It is a key component of physical fitness and is essential for performing everyday tasks, athletic activities, and maintaining overall body stability and posture.
(ii) Sports management involves the planning, organizing, and managing of sports events, teams, and facilities. A career in sports management can include roles such as event manager, sports agent, athletic director, or marketing manager. It combines business skills with a passion for sports, offering diverse opportunities in professional, amateur, and educational sports settings.
(iii) Three Factors Affecting Physical Fitness
  (a) Diet and Nutrition – Proper intake of nutrients supports body functions and energy levels.
  (b) Exercise and Physical Activity – Regular workouts help build endurance, strength, and flexibility.
  (c) Sleep and Rest – Adequate rest allows the body to recover and function optimally.
(iv) Knowing the rules of a game ensures that players follow safe practices and avoid actions that could lead to accidents or injuries. It promotes fair play, reduces conflicts, and prevents reckless behavior. Understanding correct techniques and regulations also helps maintain discipline, lowers injury risks, and creates a safer sporting environment.

QUESTION 3.

(i) Explain the principle of reversibility.

(ii) What is overnutrition?

(iii) John is a 15 year old boy who has a sedentary lifestyle. He studies in Class X and gives importance to academics and hardly plays any games. He gains weight easily. John decides to change his lifestyle. He wants to be physically fit. The coach prepares a training schedule exclusively for John to help him to achieve his goal.
  (a) Which principle of sports training will the coach apply?
  (b) What is the body type of John?
  (c) Which factor of physical fitness does the case study of John highlight?

(iv) Write any three objectives of Physical Education.

Ans :

(i) The principle of reversibility states that the benefits of training are lost when you stop exercising. If an athlete stops or reduces their training, their strength, endurance, and performance will gradually decline. Regular activity is essential to maintain fitness; otherwise, progress made through training can quickly reverse.
(ii) Overnutrition is a condition that occurs when a person consumes more nutrients, especially calories, than their body needs. It often leads to overweight and obesity and increases the risk of lifestyle-related diseases such as diabetes, heart problems, and hypertension. It is a form of malnutrition caused by excessive food intake.
(iii) (a) Principle of Individualization. This principle focuses on tailoring the training program based on John's specific needs, fitness level, and goals. Since John is a beginner with a sedentary lifestyle, a customized plan is essential to improve gradually and safely.
  (b) Endomorph. John gains weight easily and has a sedentary lifestyle, which is typical of the endomorph body type—characterized by higher fat storage and a rounder physique.

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(c) Lifestyle. John's case highlights how a sedentary lifestyle negatively affects physical fitness. It shows the importance of regular physical activity for maintaining a healthy body weight and overall wellness.

(iv) Three Objectives of Physical Education
(a) Physical Development – To improve physical fitness components like strength, endurance, flexibility, and coordination.
(b) Mental Development – To enhance emotional stability, stress management, and decision-making skills through sports.
(c) Social Development – To build teamwork, cooperation, discipline, and respect among peers through group activities and games.

QUESTION 4.

(i) What is agility?

(ii) What do the letters I and C stand for in PRICER?

(iii) Sports Injuries can have an adverse effect on the performance of an athlete. Write any three causes of sports injuries.

(iv) Write any three factors which effect a balanced diet.

Ans :

(i) Agility is the ability to move quickly and change direction with ease while maintaining control and balance. It is an essential component in many sports, helping athletes respond rapidly to changing situations, dodge opponents, or make sharp directional movements efficiently.

(b) In the PRICER method used for injury management:
1. I stands for Ice – applied to reduce swelling and pain.
2. C stands for Compression – used to minimize swelling and support the injured area.

(iii) Three Causes Sports Injuries
1. Lack of warm-up before physical activity.
2. Poor technique or form during exercise or sport.
3. Overtraining or excessive physical strain without proper rest.

(iv) Three Factors Affecting a Balanced Diet
1. Age – Nutritional needs vary with age.
2. Gender – Males and females require different nutrient quantities.
3. Physical activity level – Active individuals require more energy and nutrients than sedentary ones.

SECTION B

(Attempt two questions from this Section.)

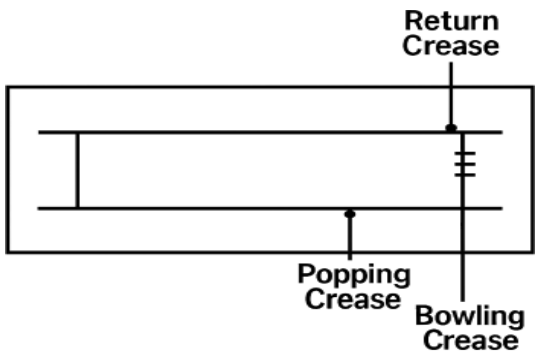
(You must attempt one question on each of the two games of your choice.)

CRICKET

QUESTION 5.

(i) Explain the following terms used in cricket:
(a) Hook shot
(b) Beamer
(c) Reverse sweep
(d) Hit wicket

(ii) (a) Write the measurements of the following:
1. Popping crease
2. Bowling crease
3. Return crease



Cricket Pitch

(b) Who assists the main umpire in the field of play in a cricket match? List any two duties of the assisting umpire.

(c) The captain feels satisfied with his/her team's scores in a test match and declares his/her team's innings. Explain Declaration in cricket.

(iii) Name and explain the term:
(a) A fielder illegally alters the condition of the ball.

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(b) A batsman comes late to the crease after the fall of the previous wicket.
(c) A bowler bowls a legal ball. It would have hit the stumps if the batsman's leg would not have come in the way of the delivery.
(d) A person who sits behind a screen and clears all the doubts which are referred to him from the field, during the match.

Ans :

(i) (a) A hook shot is a batting stroke played to a short-pitched delivery, typically aimed at the batsman's body. The batsman swings the bat horizontally, hooking the ball toward the leg side.
(b) Beamer : A beamer is a delivery that reaches the batsman without bouncing and passes above waist height. It is considered dangerous and is usually declared a no-ball.
(c) Reverse Sweep : A reverse sweep is an unorthodox batting shot where the batsman switches grip and direction to sweep the ball toward the off-side, usually behind square.
(d) Hit Wicket : A batsman is declared out "hit wicket" if he accidentally dislodges the bails with his body or bat after the bowler has entered his delivery stride.

(ii) (a) Measurements of Crease :
1. Popping Crease: 1.22 meters (4 feet) in front of the stumps.
2. Bowling Crease: 2.64 meters (8 feet 8 inches) long, aligned through the center of the stumps.
3. Return Crease: Extends 1.32 meters (4 feet 4 inches) behind the bowling crease and is perpendicular to it on both sides of the stumps.

(b) Leg umpire (also called the square leg umpire) assists the main (standing) umpire. Two Duties:
1. Watches for run-outs, stumpings, and no-balls at the non-striker's end.
2. Assists in decisions regarding catches near the boundary or short-leg area.

(c) Declaration is a strategy used in longer formats like Test matches, where the batting team captain voluntarily ends their innings before all wickets fall. It is usually done to give their team enough time to bowl out the opposition and win the match.

(iii) (a) Ball tampering – A fielder illegally alters the condition of the ball using substances or objects to affect its swing or bounce.
(b) Timed out – If a batsman takes too long to arrive at the crease after the fall of a wicket (usually beyond 3 minutes), he can be declared out "timed out."
(c) Leg Before Wicket (LBW) – A batsman is out LBW if the ball hits any part of his body (usually the leg) and would have hit the stumps if the leg had not obstructed it.
(d) Third umpire – An off-field official who uses video replays to assist on-field umpires in making decisions referred to him, such as close run-outs, stumpings, or catches.

QUESTION 6.

(i) Explain in following terms:
(a) Yorker
(b) Seam bowling
(c) A Runner
(d) Innings

(ii) (a) State any three duties of a Match Referee.
(b) Mention any three fielding positions on "onside" of the field of play.
(c) Gabbar Sharma opens the innings for his team Mumbai Riders. Rajasthan Kings were fielding and placed only two fielders outside the 30 yard circle while the remaining 9 are inside the 30 yard circle. Gabbar Sharma hits the ball over the mid-off for an excellent four runs on one of the balls. The very next ball he steps out of the crease to hit a six but misses the ball. The wicket keeper catches the ball and dislodges the bails before Gabbar Sharma could get back to his crease.
1. Is Gabbar Sharma out or not out? If out, what is the term used for the dismissal?
2. Rajasthan Kings placed only 2 players outside the 30 yard circle. Why?
3. Which umpire on the field will give the decision regarding Gabbar Sharma's dismissal?

(iii) (a) State the full form of ICC and BCCI.
(b) What is the importance of the 30 yard circle?
(c) Explain the term overthrow.
(d) What is meant by bodyline bowling?

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Ans :

(i) (a) Yorker : A yorker is a delivery bowled by a bowler that pitches right at or near the batsman's feet, typically around the base of the stumps. It is difficult to hit and often used in death overs.

(b) Seam Bowling : Seam bowling refers to bowling the ball in such a way that it lands on its seam and moves unpredictably after bouncing, making it harder for the batsman to judge its direction.

(c) A Runner : A runner is a substitute player who runs between the wickets on behalf of an injured batsman who is still able to bat but cannot run. (Note: Runners are no longer allowed in international cricket.)

(d) Innings : An innings is the period in which a team takes its turn to bat or bowl. In formats like Test cricket, each team gets two innings; in limited-overs, one innings per side.

(ii) (a) Three Duties of a Match Referee:

1. Ensure fair play is maintained throughout the match.
2. Oversee the conduct of players and officials.
3. Submit reports on code of conduct violations and match incidents.

(b) Three Fielding Positions on the Onside:

1. Mid-wicket
2. Square leg
3. Fine leg

(c) Gabbar Sharma Case Study

1. Yes, he is out. The dismissal is called "Stumped", as the wicketkeeper removed the bails while Gabbar was out of his crease attempting a shot.
2. It was during a powerplay. According to limited-overs rules, only two fielders are allowed outside the 30-yard circle in the first six overs.
3. The main/standing umpire (at the bowler's end) will give the decision regarding Gabbar Sharma's dismissal.

(iii) General Cricket Knowledge

(a) Full Forms:

1. ICC – International Cricket Council
2. BCCI – Board of Control for Cricket in India

(b) It regulates fielding positions, especially during powerplays, to encourage aggressive batting and maintain fairness between bat and ball.

(c) An overthrow occurs when a fielder throws the ball and it goes beyond the intended target, allowing the batsmen to take extra runs.

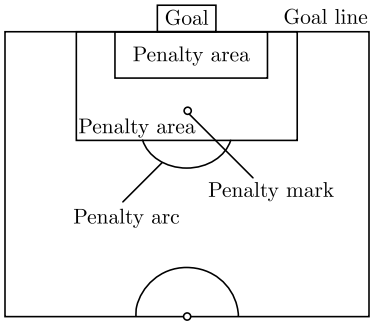
(d) Bodyline refers to a controversial bowling tactic where the bowler targets the batsman's body with short-pitched deliveries, often with a packed leg-side field. It was famously used by England against Australia in the 1932–33 Ashes series.

FOOTBALL

QUESTION 7.

(i) Explain the following terms in Football:
(a) Trapping
(b) Advantage
(c) Defender
(d) Additional time

(ii) (a) Explain the rule to be followed to take an indirect free kick in a football match.
(b) During a match between Delhi and Goa, Delhi's attacking player kicks the ball outside Goa's goal line. What is the procedure to restart the game?
(c) Give three measurements of the following:
1. Penalty arc
2. Penalty mark
3. Goal area



(iii) (a) What is dribbling in football?
(b) State the duration of the match and duration of extra time.
(c) What is the importance of Technical area?
(d) Explain the term sudden death in football.

Ans :

(i) (a) Trapping is the technique used by players to control the ball using feet, thighs, or chest after receiving it from a pass or

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rebound. It helps maintain possession and prepare for the next move.

(b) The advantage rule allows play to continue after a foul if the fouled team has a better opportunity to score or maintain possession, avoiding disruption in game flow.

(c) A defender is a player whose primary role is to prevent the opposing team from scoring. Defenders operate mainly in the defensive half and protect the goal.

(d) Additional Time is also called injury time, additional time is added at the end of each half to compensate for stoppages such as injuries, substitutions, or time-wasting during the game.

(ii) (a) Rule for Indirect Free Kick : An indirect free kick requires the ball to touch another player before a goal can be scored. It is awarded for non-penal fouls like dangerous play or offside, and the referee raises one arm to signal it.

(b) Restart Procedure (Ball kicked outside the goal line by attacking team) : A goal kick is awarded to the defending team. It is taken from within the goal area, and the ball must leave the penalty area before being touched by another player.

(c) Measurements:

1. Penalty Arc: 9.15 meters (10 yards) from the penalty mark.
2. Penalty Mark: 11 meters (12 yards) from the goal line.
3. Goal Area: 5.5 meters (6 yards) from each goal post and into the field.

(iii) (a) Dribbling is the act of controlling and advancing the ball with a series of short touches, using the feet, to maneuver past opponents or maintain possession.

(b) Duration of the Match and Extra Time:A standard football match consists of two halves of 45 minutes each. Extra time (if needed) is two halves of 15 minutes. Additional time (injury time) is added at the referee's discretion.

(c) Importance of Technical Area:The technical area is where coaches and substitutes are allowed during the game. It ensures order and discipline by restricting their movement and behavior near the field.

(d) Sudden Death in Football : Sudden death refers to a now rarely used tie-breaking rule in penalty shootouts where the match ends immediately after one team scores and the other fails in the same round.

QUESTION 8.

(i) Explain the following terms in football:

(a) Dropped ball

(b) Corner kick

(c) Centre circle

(d) A through pass

(ii) (a) Mention three fouls of a goalkeeper that results in an indirect free kick being awarded.

(b) Mention any three duties of an assistant referee.

(c) To conduct a football match, the referee needs his personal kit. List any three items from the kit.

(iii) (a) A team wins a match using their passing skills. List any two passing skills.

(b) When is a team awarded a goal kick?

(c) Explain the term when the goalkeeper is sent off from the match.

(d) In a local tournament, the organising committee installed goalposts with a distance of 6 metres between the two posts and a crossbar height of 2 metres from the ground. A player from one team raised concerns about the size of the goal. As per rules, what should be the correct dimensions?

Ans :

(i) (a) Dropped Ball : A method used to restart play when the referee stops the game for a reason not involving a foul or misconduct. The ball is dropped for one player to resume play.

(b) Corner Kick : Awarded when the ball crosses the goal line after being last touched by a defender, and no goal is scored. The attacking team takes the kick from the corner arc nearest to where the ball went out.

(c) Centre Circle : A circle with a radius of 9.15 meters (10 yards) in the center of the field. During kick-off, only the two players taking the kick are allowed inside it.

(d) A Through Pass : A pass made between defenders into open space, allowing a teammate to run onto the ball. It is used

to break defensive lines and create scoring opportunities.

(ii) (a) Three Goalkeeper Fouls Resulting in an Indirect Free Kick:
1. Holding the ball for more than six seconds.
2. Touching the ball again with hands after releasing it without another player touching it.
3. Handling a deliberate back-pass from a teammate's foot.

(b) Three Duties of an Assistant Referee:
1. Signal for offside decisions.
2. Indicate when the ball goes out of play.
3. Assist in monitoring substitutions and fouls near their side of the field.

(c) Three Items in a Referee's Kit:
1. Whistle
2. Red and yellow cards
3. Stopwatch

(iii) (a) Two Passing Skills in Football:
1. Short pass
2. Through pass

(b) When the ball crosses the goal line after being last touched by the attacking team and no goal is scored, the defending team is awarded a goal kick.

(c) When a goalkeeper commits a serious foul (e.g., denying a clear goal-scoring opportunity or violent conduct), they are shown a red card and sent off. A substitute goalkeeper or another player must take their place.

(d) Correct Dimensions of a Goalpost (As per FIFA rules):
1. Width: 7.32 meters
2. Height: 2.44 meters

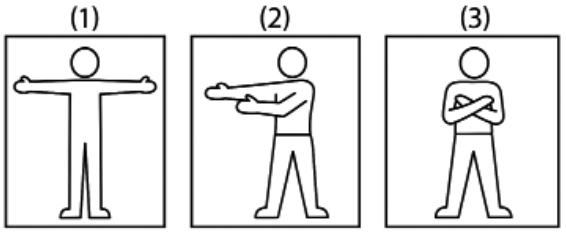
The installed dimensions (6m x 2m) are smaller than regulation size and not acceptable for official matches.

HOCKEY

QUESTION 9.

(i) Explain the following terms in hockey:
(a) A Reverse hit
(b) Dangerous play
(c) Advantage
(d) Flick

(ii) (a) List the three cards used by the umpire during a hockey match.
(b) Goalkeeper is the backbone of a team's success in a hockey match. Give any three responsibilities of a hockey goalkeeper.
(c) Identify and name the three signals as given below:



(iii) (a) When does the substitution of players take place in the game of hockey?
(b) What are shin-guards? Why are they used?
(c) Who assists the two umpires during a hockey match?
(d) How many defensive players are allowed to stand behind the backline during a penalty corner?

Ans :

(i) (a) A reverse hit is a striking technique where the player hits the ball using the reverse (flat) side of the stick. It is commonly used to surprise defenders and shoot on goal from the left side.

(b) Dangerous play occurs when a player's actions, such as swinging the stick too high or hitting the ball recklessly, endanger other players. It is penalized to ensure safety on the field.

(c) The advantage rule allows play to continue after a foul if the non-offending team has a better opportunity to benefit, avoiding unnecessary stoppages.

(d) A flick is a lifting stroke where the ball is pushed into the air using the curved face of the stick, often used to score goals or make aerial passes, especially in penalty strokes.

(ii) (a) Three Cards Used by the Umpire in Hockey:
1. Green Card – Warning.
2. Yellow Card – Temporary suspension.
3. Red Card – Permanent suspension (player is sent off).

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(b) Three Responsibilities of a Hockey Goalkeeper:
1. Prevent the opposing team from scoring goals.
2. Direct and organize the defense during set pieces like penalty corners.
3. Make quick saves using pads, gloves, and body positioning.

(c) Name of the Three Signals:
1. Time-out / Stop clock – Arms stretched out horizontally.
2. Goal scored – One arm pointed toward the goal.
3. Substitution – Arms crossed across the chest.

(iii) (a) Substitutions can take place at any time during the match, except during penalty corners (for field players). Goalkeeper changes must be notified to the umpire.

(b) Shin-guards are protective gear worn on the lower legs to protect against injury from sticks or balls. They help reduce the risk of bruises or fractures during play.

(c) The technical table officials, including the technical officer and reserve umpire, assist with timekeeping, substitutions, and monitoring player conduct.

(d) Five players (including the goalkeeper) are allowed behind the backline during a penalty corner.

QUESTION 10.

(i) Explain the following:
(a) Carried
(b) A bully
(c) Astroturf
(d) Playing distance

(ii) (a) When is a goal awarded in hockey?
(b) Mention any three fouls committed by a goalkeeper.
(c) List any three equipment which the umpire should carry while conducting a match.

(iii) Draw a neat diagram of the hockey field with its measurements.

Ans :

(i) (a) In hockey, "carried" refers to a foul where a player intentionally or unintentionally traps or balances the ball on the stick instead of pushing or hitting it. This is not allowed and results in a free hit to the opposing team.

(b) A "bully" is a method of restarting play, usually after an accidental stoppage. The ball is placed between two opposing players who tap the ground and each other's sticks before competing for the ball.

(c) Astroturf is an artificial playing surface made of synthetic fibres that resembles grass. It provides a faster and more consistent playing field and is commonly used in modern hockey.

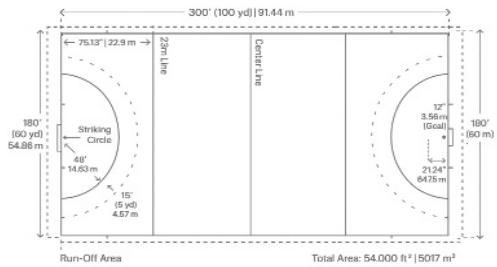
(d) Playing distance in hockey refers to the minimum space a player must give to an opponent taking a free hit, typically 5 meters, to allow fair play and avoid interference.

(ii) (a) A goal is awarded when the ball is played from within the striking circle and completely crosses the goal line between the goalposts and under the crossbar without any infringement.

(b) Three Fouls Committed by a Goalkeeper:
1. Intentionally blocking the ball outside the striking circle.
2. Kicking or hitting an opponent with the stick or pads.
3. Deliberately delaying the game or refusing to release the ball.

(c) Three Equipment the Umpire Should Carry:
1. Whistle
2. Cards (green, yellow, red)
3. Stopwatch or timer

(iii) Diagram of the Hockey Field with Measurements:



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BASKETBALL

QUESTION 11.

(i) Explain the following time rules:
(a) '5' seconds
(b) '3' seconds

(c) Playing Time
(d) Charged Timeout

(ii) (a) In a match, players of Team A and Team B are not able to take clear possession of the basketball. What will be the referee's decision?
(b) Name any three international basketball tournaments.
(c) Mention any three situations when the ball is considered live in a game of basketball.

(iii) Give two differences between:
(a) 'Zone-Defense' and 'Man-to-Man Defense'.
(b) 'Technical Foul' and 'Unsportsmanlike Foul'.

Ans :

(i) (a) '5' Seconds Rule : A player has 5 seconds to inbound the ball after the referee hands it over. Additionally, a closely guarded player must pass, shoot, or dribble within 5 seconds to avoid a violation.
(b) '3' Seconds Rule : An offensive player cannot remain in the opponent's key (paint area) for more than 3 consecutive seconds while their team is in possession of the ball. Violation results in a turnover.
(c) Playing Time : A standard basketball game consists of four quarters of 10 minutes (FIBA) or 12 minutes (NBA). If the scores are tied, extra time (overtime) of 5 minutes is played until a winner is decided.
(d) Charged Timeout : A charged timeout is a short break requested by a coach or player during the game. Teams are limited to a specific number of timeouts per half or game, used for strategy or rest.

(ii) (a) Referee's Decision for No Clear Possession: The referee will call a "jump ball" or "held ball", and possession is given based on the alternating possession rule.
(b) Three International Basketball Tournaments:
1. FIBA Basketball World Cup
2. Olympic Basketball Tournament
3. NBA Global Games / EuroLeague
(c) Three Situations When the Ball is Considered Live:
1. When a jump ball is tapped by a player.
2. When the ball is inbounded (passed in) after a dead-ball situation.
3. When a free throw or field goal attempt is in play.

(iii) (a) Difference between Zone-Defense and Man-to-Man Defense

Feature	**Zone Defense**	**Man-to-Man Defense**
Player Role	Guards a specific area	Guards a specific opponent
Strategy Focus	Team-based area coverage	Individual player marking

(b) Difference between Technical Foul vs Unsportsmanlike Foul

Feature	Technical Foul	Unsportsmanlike Foul
Nature	Related to behavior, rules violation	Physical, intentional, or excessive foul
Example	Arguing with referee, delay of game	Intentional hard foul on a fast break

QUESTION 12.

(i) Explain the following terms in Basketball:
(a) Violation
(b) Double Dribble
(c) Press
(d) Held Ball

(ii) (a) A coach plays a major role in a team's success. List any three duties of a coach.
(b) During a basketball match, the referee administers a jump ball. Give any three jump ball situations in the game of basketball.
(c) To win a basketball match, list the types of baskets (goals or points) that can be credited to a team's win.

(iii) (a) How is the tie broken in basketball when the score is tied at full time?
(b) List any two types of passes in the game of basketball.
(c) Write the full form of BFI and FIBA.
(d) Define the term carry.

Ans :

(i) (a) Violation : A violation is an infraction of the rules that does not involve physical contact, such as traveling, double dribble, or a time rule breach. It results in a turnover and possession for the opposing team.
(b) Double Dribble : This occurs when a player dribbles the ball, stops, and then

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starts dribbling again, or dribbles with both hands simultaneously. It is illegal and results in a violation.

(c) Press : A press is a defensive strategy where players apply pressure on the ball and opponents all over the court (full court press) or half court to force turnovers and disrupt the offense.

(d) Held Ball : A held ball occurs when two or more players from opposing teams have firm grip on the ball simultaneously, and neither can gain sole possession. It results in a jump ball or alternating possession.

(ii) (a) Three Duties of a Coach :
1. Planning training sessions and game strategies.
2. Motivating and guiding players for skill development.
3. Managing team discipline and resolving conflicts.

(b) Three Jump Ball Situations in Basketball:
1. At the start of the game.
2. When a held ball occurs.
3. When referees are unsure who last touched the ball before it went out of bounds.

(c) Types of Baskets Credited to a Team's Win:
1. Field Goal – 2 points (inside the 3-point line)
2. Three-Point Shot – 3 points (beyond the 3-point line)
3. Free Throw – 1 point per successful attempt from the free-throw line

(iii) (a) If scores are level at full time, the game proceeds to overtime, consisting of 5 minutes. If still tied, additional overtime periods are played until a winner emerges.

(b) Two Types of Passes in Basketball:
1. Chest Pass – Ball is passed from chest level to a teammate.
2. Bounce Pass – Ball is bounced once on the floor before reaching a teammate.

(c) Full Forms:
1. BFI – Basketball Federation of India
2. FIBA – Fédération Internationale de Basketball (International Basketball Federation)

(d) Carry refers to an illegal act where the player allows the ball to rest momentarily in their hand or turns the hand under the ball while dribbling, giving them unfair control over the movement.

VOLLEYBALL

QUESTION 13.

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(i) Explain the following terms in volleyball:
(a) Attack line
(b) Rotational fault
(c) Service zone
(d) Triple block

(ii) (a) Mention any three acts of breach which are punishable.
(b) List any three delays in a volleyball match.
(c) State any three serving faults.

(iii) Write the measurements of the following:
(a) Playing field
(b) Length of service line
(c) Length of the net
(d) Height of the net for men
(e) Antenna
(f) Circumference of the ball
(g) Width of line
(h) Weight of the ball

Ans :

(i) (a) Attack Line : Also known as the 3-meter line (or 10-foot line), it separates the front row from the back row. Back-row players cannot jump from in front of this line to attack the ball above the net.

(b) Rotational Fault : Occurs when players are not in their correct rotational positions at the time of service. It leads to a point and serve being awarded to the opposing team.

(c) Service Zone : This is the area behind the end line, between the two sidelines, where a player must stand to serve the ball. The serve must be taken within this zone.

(d) Triple Block : A triple block is a defensive technique where three front-row players jump together at the net to block a spike from the opposing team, increasing the chance of stopping the ball.

(ii) (a) Any Three Acts of Breach That Are Punishable in Volleyball:
1. Arguing with or showing disrespect to referees.
2. Delaying the game intentionally.
3. Making offensive gestures or language toward opponents or officials.

(b) Any Three Delays in a Volleyball Match:
1. Taking too long to serve.
2. Requesting an unnecessary substitution or timeout.
3. Equipment adjustments causing unnecessary stoppage.

(c) Any Three Serving Faults:
1. Stepping on or over the end line before the ball is hit (foot fault).
2. Ball fails to cross the net or lands out of bounds.
3. Serving out of rotational order.

(iii) Measurements in Volleyball :

	Measurement	Value
(a)	Playing Field	18 meters (length) × 9 meters (width)
(b)	Length of Service Line	9 meters (same as end line)
(c)	Length of the Net	9.5 to 10 meters
(d)	Height of the Net for Men	2.43 meters
(e)	Antenna	1.8 meters (extends 80 cm above the net)
(f)	Circumference of the Ball	65–67 cm
(g)	Width of Line	5 cm
(h)	Weight of the Ball	260–280 grams

QUESTION 14.

(i) Explain the following:
(a) Assisted hit
(b) Consecutive contact
(c) Rotation
(d) Technical time-out

(ii) (a) The first referee has an important role to play in a match. List the duties of a referee in the match.
(b) Name any three zones marked on the volleyball court.
(c) List any three penetration faults in a game of volleyball.

(iii) (a) Explain legal and illegal substitution in volleyball.
(b) Draw a neat diagram of a volleyball court and mark the following:
1. Side line
2. Service line
3. Attack line
4. Front zone

Ans :

(i) (a) Assisted Hit : An assisted hit occurs when a player uses a teammate or any external support to gain height or stability to hit or play the ball. This is illegal and results in a fault.
(b) Consecutive Contact : A consecutive contact (also called a double hit) happens when a player touches the ball twice in a row, unless it's off a single defensive action (like a dig). It is generally a fault.
(c) Rotation : Rotation refers to the clockwise movement of players on the court after gaining the serve from the opponents. Proper rotation ensures fair play and player positioning.
(d) Technical Time-Out : In international matches, a technical time-out is an automatic 60-second break taken when the leading team reaches 8 and 16 points in a set (except the final set). It helps players regroup.

(ii) (a) Duties of a First Referee:
1. Supervises the match from a referee stand.
2. Makes final decisions on all points and rule violations.
3. Authorizes service, faults, and substitutions.
4. Can overrule other officials when necessary.

(b) Three Zones Marked on the Volleyball Court:
1. Front Zone – Between center line and attack line.
2. Back Zone – From attack line to end line.
3. Service Zone – Behind the end line, between the extensions of sidelines.

(c) Three Penetration Faults in Volleyball:
1. A player's foot completely crosses the center line into the opponent's court.
2. A player's hand or body invades the opponent's court beneath the net.
3. Touching the opponent's court or interfering with their play.

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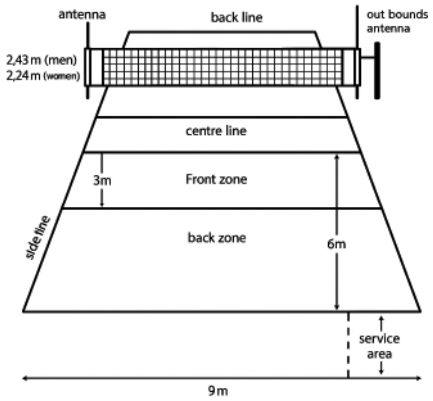
(iii) (a) Legal and illegal substitution in volleyball.

Type	Description
Legal Substitution	Occurs during a dead ball, with proper signal to the scorer and referee, and within the allowed number (usually 6 per set).
Illegal Substitution	Happens without notifying officials, during live play, or if it exceeds the allowed limit or breaks rotational order.

(b) Volleyball Court Diagram with Marked Areas



BADMINTON

QUESTION 15.

(i) Explain the following terms in badminton:
(a) Rubber
(b) Net kill
(c) Push shot
(d) Tumbling net shot

(ii) (a) Mention any three duties of the umpire in a game of badminton.
(b) In badminton, a player uses different types of shots in a match. Write any three shots that can be played by a player.
(c) During an inter school badminton match, Rahul hits a smash to his opponent's court, but the shuttle goes out of the end line.
1. What will be the decision of the referee?
2. What will be the role of line judges in the decision?

(iii) Give measurements of the following:
(a) Size of the court (single)
(b) Size of the court (double)
(c) Width of the net
(d) Height of the net from centre
(e) Weight of the shuttle
(f) Length of the feathers
(g) Length of the racket
(h) Weight of the racket

Ans :

(i) (a) Rubber : In a best-of-three match, the rubber game refers to the third and deciding game when both players/teams have won one game each.
(b) Net Kill : A net kill is an aggressive, downward shot played close to the net, typically to finish a rally quickly when the shuttle is above the net height.
(c) Push Shot : A push shot is a gentle stroke played with a slight pushing motion, usually flat and directed to the mid-court, to create openings or force a weak return.
(d) Tumbling Net Shot : This is a delicate shot that just crosses the net and tumbles or spins over to the opponent's side, making it difficult to return without touching the net.

(ii) (a) Three Duties of the Umpire in Badminton:
1. Oversee the match and enforce rules.
2. Announce the score and decisions clearly.
3. Manage and approve player conduct, timeouts, and disputes.
(b) Three Shots in Badminton:
1. Smash – A powerful, downward shot used to end a rally.
2. Drop Shot – A soft shot landing just over the net.
3. Clear – A high, deep shot to push the opponent to the backcourt.
(c) Rahul's Smash Decision Scenario:
1. Decision of the Referee : The shuttle landed out, so the point is awarded to Rahul's opponent.
2. Role of Line Judges : Line judges observe and signal whether the shuttle landed in or out. In this case, they would signal "out" by extending both arms to the side.

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(iii) Measurements in Badminton:

Item	Measurement
(a) Size of the Court (Singles)	13.4 m × 5.18 m
(b) Size of the Court (Doubles)	13.4 m × 6.1 m
(c) Width of the Net	6.1 meters
(d) Height of the Net (Centre)	1.524 meters (5 feet)
(e) Weight of the Shuttle	4.74 to 5.50 grams
(f) Length of the Feathers	62 to 70 mm
(g) Length of the Racket	Not exceeding 680 mm (68 cm)
(h) Weight of the Racket	80 to 100 grams (depending on material)

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QUESTION 16.

(i) Explain the following terms in badminton:
(a) Baseline smash
(b) Flick
(c) Forecourt
(d) Hairpin net shot

(ii) (a) Explain the procedure to be followed for performing the correct service.
(b) Mention any three faults committed by a player in a game of badminton.
(c) Explain any three basic skills in badminton.

(iii) (a) How many points does a game consist of for singles and doubles?
(b) When do the players change ends?
(c) Name any two types of serve.
(d) Explain whether a player can strike the shuttle before it crosses the net.

Ans :

(i) (a) Baseline Smash : A baseline smash is a powerful attacking shot hit from the back of the court (near the baseline) aimed downward into the opponent's side, often used to finish rallies.

(b) Flick : A flick is a deceptive serve or shot played with a quick wrist motion to send the shuttle over the opponent unexpectedly, usually aiming to the backcourt while faking a short shot.

(c) Forecourt : The forecourt is the area near the net on both sides of the court. This area is crucial for drop shots, net shots, and interceptions.

(d) Hairpin Net Shot : A hairpin net shot is a soft shot that travels just over the net and drops sharply on the other side, mimicking the shape of a hairpin. It's played close to the net to force the opponent forward.

(ii) (a) Procedure for Performing a Correct Service in Badminton:
1. The server and receiver must be in their correct service courts.
2. The shuttle must be below the server's waist at the time of contact.
3. The racket head must be pointing downward, and the motion must be continuous.
4. Both feet must be in contact with the floor and stationary.
5. The shuttle must travel diagonally to the opponent's service court.

(b) Three Faults Committed by a Player in Badminton:
1. Striking the shuttle above the waist during service.
2. Touching the net with the racket or body.
3. Hitting the shuttle before it crosses to their side of the net.

(c) Three Basic Skills in Badminton:
1. Grip – Correct holding of the racket (forehand/backhand) for control and power.
2. Footwork – Efficient movement across the court for proper positioning.
3. Stroke play – Ability to perform shots like clears, smashes, drops, and serves accurately.

(iii) (a) Points in a Game (Singles & Doubles): A game consists of 21 points for both singles and doubles. A match is usually best of three games.

(b) Players change ends at the end of each game and in the third game when one side reaches 11 points.

(c) Two Types of Serve:
1. High Serve – Used mainly in singles to push the opponent to the backcourt.
2. Low Serve – Used mainly in doubles to prevent attack and force a lift.

(d) No, a player cannot strike the shuttle before it crosses the net to their side. The shuttle must pass over the net before it can legally be hit, although a follow-through over the net is allowed as long as contact is made on the striker's side.

END

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CHAPTER 1

HUMAN GROWTH AND DEVELOPMENT

SUMMARY

1. INTRODUCTION

Human beings undergo continuous change throughout life. From conception to death, there is a constant transformation in physical and psychological capacities. The terms "Growth" and "Development" are often used to describe these changes.

1. Growth refers to the progressive increase in the size or parts of a child.
2 Development involves the acquisition of skills (abilities) such as head support, speaking, learning, and relating to others emotionally and socially.

2. GROWTH

Growth is quantitative in nature and refers to measurable changes in height, weight, size, and the shape of organs like the brain. These changes primarily occur due to cell division and are restricted to a limited time frame, making growth a finite process. Since it focuses only on physical dimensions, growth reflects just one aspect of personality and is limited in scope, emphasizing physical changes that can be measured.

3. DEVELOPMENT

Development is both quantitative and qualitative, encompassing physical, cognitive, social, and emotional transformations. These changes occur as a result of motor processes and their interactions and continue throughout life, unlike growth, which is time-limited. Development is evident in mature behavior and involves all aspects of personality, offering a broad and comprehensive scope that extends beyond mere physical changes.

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4. DIFFERENCE BETWEEN GROWTH AND DEVELOPMENT

Aspect	Growth	Development
Definition	Focuses on physical changes in the body, such as size and structure.	Refers to broader changes, including emotional, mental, social, and cognitive improvements.
Nature	Quantitative in nature.	Both quantitative and qualitative in nature.
Time Frame	Occurs mostly in the early stages and has a defined period.	Spans across a lifetime.
Scope	Limited to physical aspects like height, weight, and organ size.	Involves all aspects of personality, including behavior and emotional maturity.
Progression	Constructive during early stages.	Constructive early but may become destructive with aging (e.g., decline in old age).

5. THE STAGES OF GROWTH

Growth and development follow an individual schedule, meaning every child has their unique growth pattern. These changes occur across physical, mental, social, emotional, and motor domains. The stages of growth can be categorized as follows :

5.1 Infancy (Birth to 5 years)

1. Characteristics : During infancy, the power of memory and ability to understand events improve significantly. Infants grasp the meaning of actions and respond with basic motor skills such as walking, running, and jumping.
2. Emotional and Social Growth : Infants express emotions through motor activities and imitate adults. They begin understanding conversations and show curiosity by asking questions. This stage also marks the balanced use of sensory organs.

5.2 Childhood (5 to 12 years)

1. **Development Focus :** During this stage, children gain control over their muscles, improving neuromuscular coordination. Their logical thinking, decision-making, and social abilities grow rapidly.
2. **Behavioral Traits :** Children exhibit curiosity, adventurousness, and imagination. They idolize adults and develop self-control over their emotions. Concentration improves, but they may struggle to focus for extended periods.

5.3 Adolescence (12 to 19 years)

This is a transitional phase marked by rapid physical, emotional, and social changes, also known as the "Teenage" stage.

Key Characteristics :

1. Physical Changes : Adolescents undergo sexual maturity. Boys develop facial hair, broader shoulders, and voice deepening, while girls experience breast development and broader hips.
2. Mental Growth : Cognitive abilities expand, but some adolescents may lag behind. They value dignity and independence yet may feel stressed or confused.
3. Emotional Shifts : Adolescents experience strong emotions, ranging from enthusiasm to distress.
4. Social Challenges : They struggle to adapt to societal norms and face pressure from traditions, often seeking personal identity.

5.4 Adulthood (19 to 65 Years And Beyond)

1. **Characteristics :** Adulthood represents maturity and stability. Physical growth slows, but external factors such as heredity, diet, and activity influence health.
2. **Focus :** By this time, individuals have typically assumed adult roles and responsibilities.

6. FACTORS INFLUENCING GROWTH AND DEVELOPMENT

Growth and development are influenced by a variety of factors that interact and shape an individual's physical, mental, and emotional characteristics. The key factors are:

1. **Heredity :** Heredity refers to the transmission of genetic traits from parents to their offspring through genes. It influences physical characteristics such as height, weight, body structure, eye color, skin tone, and even certain behavioral tendencies. Heredity determines an individual's potential for growth but is influenced by other external factors.
2. **Environment :** The environment includes the physical and psychological surroundings that affect growth and development. A nurturing environment, access to education, and proper healthcare positively impact an individual, while negative factors such as stress, pollution, and unhealthy surroundings can hinder development.
3. **Gender :** Biological and hormonal differences between males and females play a significant role in growth and development. For example, males typically grow taller and develop more muscle mass, while females show earlier physical maturity, including changes related to puberty.
4. **Nationality :** Cultural background, traditions, and resources associated with nationality impact growth and development. For instance, dietary patterns, lifestyle habits, and economic conditions vary from one nation to another, influencing an individual's physical and social development.
5. **Nutrition :** Nutrition is a critical factor for both physical and mental development. A balanced diet that includes carbohydrates, proteins, fats, vitamins, and minerals is essential for healthy growth. Malnutrition or poor dietary habits can lead to stunted growth, cognitive issues, and weakened immunity.

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MULTIPLE CHOICE QUESTION

1. The stage from the age of 12 years to 19 years is called:
(a) Childhood Stage
(b) Infancy Stage
(c) Adolescence Stage
(d) Adulthood Stage

Ans : MAIN 2024

(c) Adolescence Stage
Adolescence is the transition period between childhood and adulthood, encompassing ages 12 to 19.

2. The process that starts from infancy and continues into late adolescence, concentrating on gross and fine motor skills, is known as:
(a) Physical Development
(b) Psychological Development
(c) Social Development
(d) Emotional Development

Ans : SQP 2021

(a) Physical Development
Physical development is the process that starts in human infancy and continues into late adolescence, focusing on gross and fine motor skills, as well as puberty. It includes developing control over the body, particularly muscles and physical coordination.

3. At what point in a person's growth and development does he or she become self-directed and experienced?
(a) Infancy Stage
(b) Adulthood Stage
(c) Childhood Stage
(d) Adolescence Stage

Ans : COMP 2023

(c) Childhood Stage
In adulthood, a person's growth and development make them self-directed and experienced.

4. The prenatal environment is the environment of _____.
(a) the child from 0 to 5 years
(b) the child during birth
(c) the child after birth
(d) the foetus in the womb

Ans : MAIN 2020

(d) the foetus in the womb
The prenatal environment influences the newborn phenotype. When a pregnant mother experiences stressful events, the intrauterine environment is exposed to maternal stress responses.

5. Genes and chromosomes affect which factor of human growth and development?
(a) Heredity
(b) Environment
(c) Gender
(d) Nutrition

Ans : SQP 2022

(a) Heredity
Normal physical growth during childhood is influenced by heredity factors.

6. The objective of Social Development in physical education is:
(a) To guide a person to make his body strong, well-shaped and good-looking.
(b) To develop the ability to respect the attitudes and values of others.
(c) To develop the ability to control various emotions like pleasure, hope, and anger.
(d) To develop positive thoughts, ideas, behavior, attitude, conduct, and responses.

Ans : COMP 2007

(b) To develop the ability to respect the attitudes and values of others.
In sports and group activities, people learn to help others, remain consistent with the group, cooperate, forgive, and respect others' values and attitudes.

7. Which one of the following is not a part of Growth?
(a) Size
(b) Maturation
(c) Height
(d) Weight

Ans : MAIN 2003

(b) Maturation
Maturation is not a part of growth.

8. What does growth refer to?
(a) Physical changes like height and weight
(b) Emotional and social maturity
(c) Learning new skills
(d) None of the above

Ans : SQP 2004

(a) Physical changes like height and weight

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Growth is quantitative and refers to measurable physical changes in the body such as an increase in height, weight, and organ size.

9. What is development?
(a) Increase in weight and height
(b) Only physical growth
(c) Both qualitative and quantitative changes
(d) None of the above

Ans : COMP 2009

(c) Both qualitative and quantitative changes
Development includes physical, emotional, cognitive, and social changes, making it both qualitative and quantitative.

10. Which of the following is a characteristic of growth?
(a) It is a continuous process throughout life
(b) It stops after a certain period
(c) It includes emotional development
(d) It is infinite

Ans : MAIN 2002

(b) It stops after a certain period
Growth is finite and occurs mostly in the early stages of life, whereas development continues throughout life.

11. Which factor influences growth but does not solely determine it?
(a) Environment
(b) Heredity
(c) Gender
(d) Nationality

Ans : SQP 2017

(b) Heredity
Heredity sets the potential for growth, but external factors like nutrition, environment, and lifestyle play an essential role in achieving full potential.

12. What is the most important environmental factor for proper growth?
(a) Genetics
(b) Nutrition
(c) Gender
(d) None of the above

Ans : COMP 2013

(b) Nutrition
Nutrition provides essential vitamins, proteins, and minerals necessary for physical and cognitive development.

13. During which stage does puberty occur?
(a) Infancy
(b) Childhood
(c) Adolescence
(d) Adulthood

Ans : MAIN 2011

(c) Adolescence
Adolescence is marked by puberty, emotional changes, and identity formation.

14. Which stage of growth is characterized by curiosity and imagination?
(a) Infancy
(b) Childhood
(c) Adolescence
(d) Old age

Ans : SQP 2016

(b) Childhood
Children exhibit curiosity, adventurousness, and imagination, helping them develop problem-solving skills.

15. Which factor is responsible for earlier maturity in females?
(a) Social upbringing
(b) Nutritional habits
(c) Hormonal differences
(d) Exercise

Ans : COMP 2014

(c) Hormonal differences
Estrogen and testosterone influence growth patterns and maturity in males and females.

16. What is an example of social development?
(a) Learning to walk
(b) Growing taller
(c) Making friends and cooperating with others
(d) Increasing body weight

Ans : MAIN 2008

(c) Making friends and cooperating with others
Social development includes building relationships, communication, and teamwork.

17. Which type of development is observed when a child learns to express emotions?
(a) Physical
(b) Emotional
(c) Cognitive
(d) Social

Ans : SQP 2006

(b) Emotional

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Emotional development involves understanding, expressing, and managing emotions.

18. Which of the following stops after adolescence?
(a) Social development
(b) Emotional development
(c) Physical growth
(d) Cognitive development

Ans : COMP 2001

(c) Physical growth
While development continues throughout life,physical growth is limited to early stages.

19. What type of motor skill is learning to write?
(a) Gross motor skill
(b) Fine motor skill
(c) Reflex action
(d) None of the above

Ans : MAIN 2000

(b) Fine motor skill
Fine motor skills involve small muscle movements such as writing and buttoning a shirt.

20. What is the primary characteristic of adulthood?
(a) Stability and maturity
(b) Rapid physical growth
(c) Playfulness and curiosity
(d) Puberty

Ans : SQP 2005

(a) Stability and maturity
Adulthood is a stage of responsibility, career development, and emotional stability.

21. What is the role of heredity in growth?
(a) Determines genetic potential
(b) Has no impact on growth
(c) Only affects emotional development
(d) Affects growth but does not influence development

Ans : COMP 2012

(a) Determines genetic potential
Heredity determines height, body structure, and certain abilities, but external factors influence their realization.

22. Which stage involves identity exploration and self-awareness?
(a) Infancy
(b) Childhood
(c) Adolescence
(d) Adulthood

Ans : MAIN 2015

(c) Adolescence
Adolescents question their identity, values, and future goals, leading to self-exploration.

23. What is an example of cognitive development?
(a) Learning to solve math problems
(b) Running faster
(c) Weight gain
(d) Increased muscle strength

Ans : SQP 2018

(a) Learning to solve math problems
Cognitive development involves thinking, reasoning, and problem-solving.

24. What affects emotional development the most?
(a) Diet
(b) Social interactions
(c) Exercise
(d) Age

Ans : COMP 2019

(b) Social interactions
Emotional development improves through family, friendships, and life experiences.

25. What happens to physical growth during adulthood?
(a) It speeds up
(b) It slows down
(c) It completely stops
(d) It reverses

Ans : MAIN 2010

(b) It slows down
Growth stops, but aging begins, leading to gradual physical decline.

26. What is the primary difference between "Growth" and "Development"?
(a) Growth refers to physical changes, while development encompasses all aspects, including emotional and cognitive improvements.
(b) Growth is infinite, while development is finite.
(c) Growth is qualitative, and development is quantitative.
(d) Growth focuses on social skills, while development focuses on physical size.

Ans : MAIN 2023

(a) Growth refers to physical changes, while development encompasses all aspects, including emotional and cognitive improvements.

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Growth is quantitative and limited to physical changes, while development is both quantitative and qualitative, involving broader aspects like social, emotional, and cognitive changes.

27. Why is exercise important for development?
(a) Only for children
(b) Helps in physical, emotional, and mental well-being
(c) It only increases muscle strength
(d) It does not affect development

Ans : SQP 2024

(b) Helps in physical, emotional, and mental well-being
Regular exercise boosts physical fitness, cognitive abilities, and emotional stability.

28. What happens when a child is deprived of proper nutrition?
(a) Growth is stunted
(b) Cognitive abilities improve
(c) Emotional development increases
(d) No effect on development

Ans : COMP 2021

(a) Growth is stunted
Malnutrition leads to stunted physical and cognitive growth, affecting overall development.

29. During the "Infancy" stage, what key development occurs?
(a) Logical reasoning and decision-making
(b) Significant improvement in memory and basic motor skills
(c) Social challenges and identity exploration
(d) Decline in physical growth and focus on responsibilities

Ans : SQP 2020

(b) Significant improvement in memory and basic motor skills
In infancy, memory power improves, and motor skills like walking, running, and jumping develop, laying the foundation for physical and cognitive growth.

30. Which factor significantly influences an individual's potential for growth but is shaped by external conditions?
(a) Nutrition
(b) Heredity
(c) Environment
(d) Gender

Ans : COMP 2022

(b) Heredity
Heredity transmits genetic traits, determining potential for growth, but environmental factors, nutrition, and external conditions influence how these traits manifest.

31. What emotional and social traits are typically seen in adolescents?
(a) Stable emotions and balanced decision-making
(b) Strong emotions, identity exploration, and social pressures
(c) Neuromuscular coordination and self-control
(d) Stress-free social adaptation and logical thinking

Ans : MAIN 2007

(b) Strong emotions, identity exploration, and social pressures
Adolescents experience emotional shifts, seek personal identity, and face societal pressures, making this stage a challenging transitional period.

32. Which factor can negatively affect growth and development despite good heredity?
(a) Balanced diet
(b) Positive environment
(c) Stress and unhealthy surroundings
(d) Cultural traditions

Ans : SQP 2003

(c) Stress and unhealthy surroundings
A nurturing environment is crucial for development. Stress, pollution, and unhealthy conditions can hinder growth, even when genetic potential is favorable.

33. What is a key characteristic of the "Childhood" stage of growth?
(a) Rapid physical changes like puberty
(b) Development of logical thinking and social abilities
(c) Strong emotional shifts and identity exploration
(d) Physical growth slows down, and individuals assume responsibilities

Ans : COMP 2004

(b) Development of logical thinking and social abilities
During childhood, children improve their logical thinking, decision-making, and social skills, along with gaining control over their muscles through neuromuscular coordination.

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34. Which of the following best describes development?
(a) Focuses only on physical changes like height and weight.
(b) Involves a combination of physical, emotional, cognitive, and social transformations.
(c) Limited to early stages of life and stops after adolescence.
(d) Completely independent of environmental factors.

Ans : MAIN 2009

(b) Involves a combination of physical, emotional, cognitive, and social transformations.
Development is a comprehensive process that includes quantitative and qualitative changes across physical, emotional, cognitive, and social dimensions.

35. Which factor primarily determines an individual's growth potential?
(a) Environment
(b) Heredity
(c) Nutrition
(d) Gender

Ans : SQP 2002

(b) Heredity
Heredity determines the genetic blueprint for an individual's growth potential, such as height, weight, and body structure, though external factors can influence its realization.

36. What major physical changes occur during adolescence?
(a) Increased logical thinking and imagination
(b) Development of sexual maturity and secondary sexual characteristics
(c) Decline in physical abilities and focus on stability
(d) Improved motor skills like walking and running

Ans : COMP 2017

(b) Development of sexual maturity and secondary sexual characteristics
Adolescence is marked by physical changes such as facial hair and voice deepening in boys, and breast development and broader hips in girls.

37. What is a critical factor in ensuring healthy growth and development?
(a) Strict adherence to cultural traditions
(b) Adequate nutrition and a balanced diet
(c) Exclusive focus on physical exercise
(d) Avoiding hereditary traits

Ans : MAIN 2013

(b) Adequate nutrition and a balanced diet
Proper nutrition, including a balanced diet rich in essential nutrients, is vital for both physical and cognitive development, as malnutrition can hinder growth.

38. What distinguishes development from growth?
(a) Growth includes emotional and cognitive changes, while development does not.
(b) Growth is measurable and time-limited, while development is lifelong and qualitative.
(c) Growth is influenced only by heredity, while development depends on external factors.
(d) Growth involves social and emotional traits, while development focuses on height and weight.

Ans : SQP 2011

(b) Growth is measurable and time-limited, while development is lifelong and qualitative.
Growth is restricted to physical changes within a limited time, while development encompasses lifelong physical, emotional, cognitive, and social transformations.

39. Which stage of growth is characterized by curiosity, adventurousness, and imagination?
(a) Infancy
(b) Childhood
(c) Adolescence
(d) Adulthood

Ans : COMP 2016

(b) Childhood
During childhood, children exhibit curiosity, adventurous behavior, and imagination, along with improving self-control and concentration.

40. How does nationality influence growth and development?
(a) It has no impact as heredity determines all growth traits.
(b) Cultural background and resources shape physical and social development.
(c) It primarily influences emotional maturity.
(d) Nationality only affects cognitive abilities and not physical growth.

Ans : MAIN 2014

(b) Cultural background and resources shape physical and social development.
Nationality affects growth and development through cultural traditions, dietary patterns, economic resources, and lifestyle habits.

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41. Here are scenario-based multiple-choice questions strictly based on the given material on Growth and Development : Riya is a 14-year-old girl who has recently started feeling emotionally overwhelmed. She often argues with her parents, feels conscious about her body, and wants more independence. She also finds it difficult to cope with peer pressure.
What stage of development is Riya experiencing?
(a) Infancy
(b) Childhood
(c) Adolescence
(d) Adulthood

Ans : SQP 2008

(c) Adolescence
Adolescence is marked by emotional instability, social pressures, and physical changes such as puberty. Teenagers seek independence and struggle with identity formation.

42. Arun and his twin brother were born in the same family, but Arun is taller and stronger than his brother. Their parents have noticed that Arun has a better immune system as well. The doctor explains that this difference is due to diet and lifestyle choices.
Which factor is influencing Arun's growth?
(a) Heredity
(b) Environment
(c) Gender
(d) Emotional development

Ans : COMP 2006

(b) Environment
Although heredity determines potential height and strength, environmental factors such as nutrition, healthcare, and physical activity significantly impact actual growth.

43. Seema is 4 years old and has just started recognizing familiar faces. She can now run, jump, and hold objects properly. Additionally, she can respond to simple instructions and is learning to express her emotions better.
Which stage of growth is Seema currently in?
(a) Infancy
(b) Childhood
(c) Adolescence
(d) Adulthood

Ans : MAIN 2001

(a) Infancy
Infancy (0–5 years) is the stage where children develop motor skills, recognize familiar people, and begin improving emotional and cognitive abilities.

44. Rahul is a 45-year-old man who maintains a stable career and takes responsibility for his family. He does not experience rapid physical growth but ensures a healthy lifestyle by exercising and eating a balanced diet.
Which stage of growth is Rahul in?
(a) Adolescence
(b) Childhood
(c) Infancy
(d) Adulthood

Ans : SQP 2000

(d) Adulthood
Adulthood is characterized by maturity, stability, and responsibility, with a focus on maintaining health rather than growing physically.

45. Meena and her younger brother Rohan live in the same house and eat the same food. However, Meena, who is 1 years old, has started developing secondary sexual characteristics, while Rohan, who is 9 years old, has not.
Which factor is responsible for this difference?
(a) Gender
(b) Nutrition
(c) Stress
(d) Environment

Ans : COMP 2005

(a) Gender
Gender plays a key role ingrowth patterns, as girls typically experience puberty earlier than boys due to hormonal differences.

46. A 7-year-old child is in school and actively participating in sports and class discussions. He enjoys learning, plays with his friends, and can solve basic mathematical problems. However, he sometimes struggles to focus for long hours.
Which stage of development is he in?
(a) Infancy
(b) Childhood
(c) Adolescence
(d) Adulthood

Ans : MAIN 2012

(b) Childhood
Childhood (5–12 years) is the stage where neuromuscular coordination, logical thinking, and social skills develop rapidly, but attention span is still growing.

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47. Varun, a 17-year-old boy, suddenly notices that his voice is deepening, and he has started growing facial hair. He also feels emotionally confused and sometimes experiences mood swings.
What stage of growth is Varun in?
(a) Infancy
(b) Childhood
(c) Adolescence
(d) Adulthood

Ans : SQP 2015

(c) Adolescence
Adolescence is characterized by physical changes like puberty, emotional instability, and identity exploration due to hormonal fluctuations.

48. Neha and her cousin were born with similar height and weight. However, as they grew up, Neha became taller and healthier, while her cousin remained underweight and shorter. Doctors found that her cousin had been malnourished for years. Which factor caused the difference in their growth?
(a) Heredity
(b) Nutrition
(c) Gender
(d) Social interaction

Ans : COMP 2018

(b) Nutrition
Nutrition plays a vital role in physical and cognitive development. Lack of a balanced diet can lead to stunted growth and weak immunity.

49. A child is growing in height and weight, but at the same time, he is also learning to communicate, express emotions, and make friends. This shows that:
(a) Growth and development are the same.
(b) Growth is quantitative, while development is qualitative.
(c) Development only happens in childhood.
(d) Growth and development both stop after adolescence.

Ans : MAIN 2019

(b) Growth is quantitative, while development is qualitative.
Growth refers to measurable physical changes (height, weight), while development includes cognitive, emotional, and social improvements.

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ASSERTION AND REASON

50. **Assertion (A) :** Growth is a finite process that focuses only on physical changes in the body.
Reason (R) : Growth primarily occurs due to cell division and is limited to measurable changes like height and weight.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2024

(a) Both A and R are true, and R is the correct explanation of A.
Growth is limited to measurable physical changes like height, weight, and organ size, which are results of cell division, making it a finite process.

51. **Assertion (A) :** Development continues throughout life and includes physical, emotional, and cognitive changes.
Reason (R) : Development is limited to early stages of life and stops after adolescence.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2021

(c) A is true, but R is false.
Development is a lifelong process that includes quantitative and qualitative changes across physical, emotional, and cognitive dimensions. It is not limited to early stages of life.

52. **Assertion (A) :** Nutrition is a critical factor for healthy growth and development.
Reason (R) : Malnutrition can lead to stunted growth, cognitive issues, and weakened immunity.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2023

(a) Both A and R are true, and R is the correct explanation of A.

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Nutrition plays a vital role in growth and development. A balanced diet ensures proper physical and cognitive growth, while malnutrition negatively impacts these areas.

53. **Assertion (A) :** Adolescents face social challenges as they struggle to adapt to societal norms.
Reason (R) : Adolescence is marked by rapid physical changes, emotional shifts, and personal identity exploration.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2020

(a) Both A and R are true, and R is the correct explanation of A.
Adolescents face social challenges because rapid physical and emotional changes during this stage lead to identity exploration and difficulty conforming to societal expectations.

54. **Assertion (A) :** Heredity determines an individual's potential for growth.
Reason (R) : Environmental factors such as stress and pollution do not influence growth and development.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2022

(c) A is true, but R is false.
Heredity determines genetic potential for growth, but environmental factors such as stress and pollution can significantly influence its realization.

55. **Assertion (A) :** Childhood is characterized by curiosity, adventurousness, and imagination.
Reason (R) : Children develop logical thinking, decision-making, and neuromuscular coordination during this stage.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2007

(b) Both A and R are true, but R is not the correct explanation of A.
While childhood is marked by curiosity and imagination, logical thinking and neuromuscular coordination develop simultaneously but are not the direct cause of these traits.

56. **Assertion (A) :** Nationality influences growth and development.
Reason (R) : Nationality determines the genetic makeup of an individual.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2003

(c) A is true, but R is false.
Nationality influences growth and development through cultural traditions, dietary habits, and lifestyle, but genetic makeup is determined by heredity, not nationality.

57. **Assertion (A) :** Growth is primarily quantitative, focusing on measurable changes.
Reason (R) : Growth includes emotional and social maturity along with physical changes.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2004

(c) A is true, but R is false.
Growth is limited to measurable physical changes such as height and weight. Emotional and social maturity are aspects of development, not growth.

58. **Assertion (A) :** Development includes physical, emotional, social, and cognitive changes.
Reason (R) : Development is both qualitative and quantitative in nature.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2009

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(a) Both A and R are true, and R is the correct explanation of A.
Development encompasses changes in multiple dimensions and involves both measurable (quantitative) and non-measurable (qualitative) changes.

59. **Assertion (A) :** Adolescence is considered a transitional phase marked by rapid changes.
Reason (R) : Adolescents undergo significant physical, emotional, and social transformations.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2002

(a) Both A and R are true, and R is the correct explanation of A.
Adolescence involves rapid physical changes such as puberty, along with emotional shifts and social challenges, making it a crucial transitional stage.

60. **Assertion (A) :** Infancy is a stage where sensory organs are actively balanced.
Reason (R) : Infants express emotions through motor activities and begin to imitate adults.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2017

(b) Both A and R are true, but R is not the correct explanation of A.
Sensory organs become more balanced in infancy, while emotional expression and imitation of adults are independent characteristics of this stage.

61. **Assertion (A) :** Heredity is the sole determinant of an individual's growth.
Reason (R) : Environmental factors such as nutrition and stress play no role in growth.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2013

(d) A is false, but R is true.
Heredity determines the potential for growth, but environmental factors like nutrition and stress significantly influence how this potential is realized.

62. **Assertion (A) :** Nutrition is essential for mental and physical development.
Reason (R) : A balanced diet prevents cognitive issues and stunted growth.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2011

(a) Both A and R are true, and R is the correct explanation of A.
Proper nutrition ensures healthy development of both body and mind, while malnutrition can hinder growth and lead to cognitive deficits.

63. **Assertion (A) :** Gender plays a role in the differences in growth patterns between males and females.
Reason (R) : Hormonal differences contribute to earlier maturity in females compared to males.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2016

(a) Both A and R are true, and R is the correct explanation of A.
Gender differences in growth patterns, such as earlier maturity in females, are primarily influenced by hormonal variations.

64. **Assertion (A) :** Adulthood is a phase of stability and maturity.
Reason (R) : Physical growth continues at the same rate during adulthood as it does in childhood.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2014

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(c) A is true, but R is false.
Adulthood represents stability and maturity, but physical growth slows significantly compared to childhood.

65. **Assertion (A) :** Childhood is marked by an improvement in concentration.
Reason (R) : Children gain self-control over emotions and idolize adults during this stage.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2008

(b) Both A and R are true, but R is not the correct explanation of A.
While concentration improves during childhood, emotional self-control and admiration of adults are not the direct reasons for this improvement.

66. **Assertion (A) :** Environment plays a significant role in shaping development.
Reason (R) : Factors like access to education and healthcare positively influence an individual's growth.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2006

(a) Both A and R are true, and R is the correct explanation of A.
A nurturing environment with access to education and healthcare positively impacts physical, emotional, and cognitive development.

67. **Assertion (A) :** Cultural background influences growth and development.
Reason (R) : Nationality determines economic and lifestyle patterns, which impact development.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2001

(a) Both A and R are true, and R is the correct explanation of A.
Cultural factors such as economic conditions, dietary habits, and traditions associated with nationality significantly influence physical and social development.

MACHING TYPE QUESTIONS

68. Match the following:

Column I (Terms)		Column II (Definitions)	
(I)	Growth	1.	Both qualitative and quantitative, includes emotional and social changes
(II)	Development	2.	Limited to physical aspects like height and weight.
(III)	Nutrition	3.	Essential for both physical and cognitive well-being.
(IV)	Environment	4.	Surroundings that influence an individual's development.

(a) I-2, II-1, III-3, IV-4
(b) I-1, II-2, III-4, IV-3
(c) I-3, II-4, III-2, IV-1
(d) I-4, II-3, III-1, IV-2

Ans : MAIN 2024

(a) I-2, II-1, III-3, IV-4
Growth refers to measurable physical changes, while development includes emotional and cognitive improvements. Nutrition plays a crucial role in both aspects. The environment, including education and surroundings, influences development positively or negatively. A healthy environment supports mental and physical growth.

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69. Match the following:

Column I (Stages of Growth)		Column II (Characteristics)	
(I)	Infancy	1.	Rapid brain development, motor skills improvement.
(II)	Childhood	2.	Logical thinking, self-control, neuromuscular coordination.
(III)	Adolescence	3.	Puberty, identity exploration, emotional shifts.
(IV)	Adulthood	4.	Stability, maturity, focus on responsibilities.

(a) I-2, II-1, III-4, IV-3
(b) I-1, II-2, III-3, IV-4
(c) I-3, II-4, III-2, IV-1
(d) I-4, II-3, III-1, IV-2

Ans : SQP 2021

(b) I-1, II-2, III-3, IV-4
Infancy is marked by brain growth and motor skills. Childhood enhances reasoning and muscle control. Adolescence includes puberty and identity challenges. Adulthood brings stability and responsibility. Each stage represents a different aspect of human growth and development.

70. Match the following:

Column I (Factors)			Column II (Influence)
(I)	Heredity	1.	Determines genetic potential for growth.
(II)	Gender	2.	Hormonal differences influence growth patterns.
(III)	Nationality	3.	Cultural traditions, lifestyle impact growth.
(IV)	Stress	4.	Can negatively affect physical and cognitive development.

(a) I-2, II-1, III-4, IV-3
(b) I-3, II-4, III-2, IV-1
(c) I-1, II-2, III-3, IV-4
(d) I-4, II-3, III-1, IV-2

Ans : COMP 2023

(c) I-1, II-2, III-3, IV-4
Heredity passes genetic traits from parents to offspring. Gender impacts growth due to hormonal changes. Nationality affects growth through culture, diet, and lifestyle. Stress can negatively influence physical and mental development, affecting overall health and well-being.

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71. Match the following:

Column I (Aspects)		Column II (Description)	
(I)	Physical Growth	1.	Increase in height, weight, organ size.
(II)	Cognitive Development	2.	Thinking, reasoning, problem-solving.
(III)	Social Development	3.	Interacting with peers, building relationships.
(IV)	Emotional Development	4.	Understanding and managing emotions.

(a) I-1, II-2, III-3, IV-4
(b) I-2, II-1, III-4, IV-3
(c) I-3, II-4, III-2, IV-1
(d) I-4, II-3, III-1, IV-2

Ans : MAIN 2020

(a) I-1, II-2, III-3, IV-4
Physical growth involves body changes. Cognitive development enhances thinking abilities. Social development focuses on communication and relationships. Emotional development involves recognizing and managing emotions effectively, playing a crucial role in personal and social interactions.

72. Match the following:

Column I (Concepts)		Column II (Explanation)	
(I)	Quantitative	1.	Measurable changes like height and weight.
(II)	Qualitative	2.	Changes in personality and cognitive skills.
(III)	Growth	3.	Finite process limited to early life stages.
(IV)	Development	4.	Continuous process throughout life.

(a) I-2, II-1, III-4, IV-3
(b) I-1, II-2, III-3, IV-4
(c) I-3, II-4, III-1, IV-2
(d) I-4, II-3, III-2, IV-1

Ans : SQP 2022

(b) I-1, II-2, III-3, IV-4
Quantitative changes are measurable, like height and weight, while qualitative changes include personality and intelligence. Growth is a finite process seen in early life, whereas development is an ongoing process throughout a person's lifetime.

73. Match the following:

Column I (Stages)		Column II (Age Group)	
(I)	Infancy	1.	Birth to 5 years.
(II)	Childhood	2.	5 to 12 years.
(III)	Adolescence	3.	12 to 19 years.
(IV)	Adulthood	4.	19 years and beyond.

Answer Options:
(a) I-3, II-1, III-4, IV-2
(b) I-2, II-3, III-1, IV-4
(c) I-1, II-4, III-2, IV-3
(d) I-1, II-2, III-3, IV-4

Ans : COMP 2007

(b) I-2, II-3, III-1, IV-4
Infancy (0–5 years) involves sensory and motor development. Childhood (5–12 years) enhances cognitive abilities. Adolescence (12–19 years) is a period of emotional and physical changes. Adulthood (19+ years) marks stability, responsibility, and career development.

74. Match the following:

Column I (Development Type)		Column II (Example)	
(I)	Motor Development	1.	Walking, running , jumping.
(II)	Emotional Development	2.	Understanding feelings, expressing emotions.

(a) I-3, II-1, III-4, IV-2
(b) I-2, II-3, III-1, IV-4
(c) I-1, II-4, III-2, IV-3
(d) I-1, II-2, III-3, IV-4

Ans : MAIN 2003

(c) I-1, II-4, III-2, IV-3
Motor development involves physical movements. Emotional development includes understanding and managing emotions. Social development is about forming relationships and working with others. Cognitive development enhances thinking, memory, and learning abilities.

75. Match the following:

Column I (Physical Change)			Column II (Occurrence)
(I)	Voice deepening	1.	Boys during adolescence.
(II)	Breast development	2.	Girls during adolescence.
(III)	Growth spurt	3.	Both boys and girls in teenage years.
(IV)	Wrinkles appear	4.	Aging in adulthood.

(a) I-3, II-1, III-4, IV-2
(b) I-2, II-3, III-1, IV-4
(c) I-4, II-2, III-1, IV-3
(d) I-1, II-2, III-3, IV-4

Ans : SQP 2004

(b) I-2, II-3, III-1, IV-4
Voice deepening is a male puberty trait. Breast development occurs in adolescent females. Growth spurts happen in both genders during teenage years. Wrinkles appear in adulthood due to aging, reduced skin elasticity, and environmental factors.

76. Match the following:

Column I (Growth Factor)		Column II (Effect)	
(I)	Proper Nutrition	1.	Promotes healthy body and brain development.
(II)	Lack of Sleep	2.	Can slow cognitive and physical growth.
(III)	Exercise	3.	Improves muscle strength and motor skills.
(IV)	Pollution	4.	Negatively affects respiratory and physical health.

(a) I-3, II-1, III-4, IV-2
(b) I-2, II-3, III-1, IV-4
(c) I-1, II-4, III-2, IV-3
(d) I-1, II-2, III-3, IV-4

Ans : COMP 2009

(c) I-1, II-4, III-2, IV-3
Nutrition provides essential nutrients for growth. Sleep deprivation negatively affects cognitive function. Exercise strengthens muscles and enhances motor skills. Pollution harms respiratory health, reducing overall physical well-being and longevity.

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77. Match the following:

Column I (Challenges in Adolescence)			Column II (Reason)
(I)	Identity Crisis	1.	Struggle to find self-identity.
(II)	Peer Pressure	2.	Influence from friends and social groups.
(III)	Emotional Instability	3.	Hormonal changes during puberty.
(IV)	Social Confusion	4.	Conflict between independence and rules.

(a) I-3, II-1, III-4, IV-2
(b) I-2, II-3, III-1, IV-4
(c) I-1, II-4, III-2, IV-3
(d) I-1, II-2, III-3, IV-4

Ans : MAIN 2002

(b) I-2, II-3, III-1, IV-4
Adolescents struggle with identity due to self-discovery. Peer pressure influences behavior. Emotional instability is linked to hormonal changes. Social confusion occurs when they face conflicting expectations of independence and societal rules.

PICTURE BASED QUESTIONS

78. Growth vs. Development

What does the first child represent, and what does the second child represent?

(a) Both represent growth
(b) Both represent development
(c) First represents growth, second represents development
(d) First represents development, second represents growth

Ans : MAIN 2012

(c) First represents growth, second represents development
Growth refers to physical changes (increase in height), while development includes cognitive skills (reading ability).

79. Factors Influencing Growth and Development

Which factor is MOST likely responsible for the difference between these children?
(a) Gender
(b) Nutrition
(c) Heredity
(d) Environment

Ans : SQP 2015

(b) Nutrition
A balanced diet is crucial for growth and development. Poor nutrition can lead to stunted growth and cognitive issues.

80. Physical Changes in Adolescence

What is the main cause of these changes?
(a) Environment
(b) Nutrition
(c) Hormonal changes
(d) Exercise

Ans : COMP 2017

(c) Hormonal changes
Adolescence brings hormonal changes that trigger physical transformations such as facial hair in boys and wider hips in girls.

81. Childhood Development

What type of development is being shown in this image?
(a) Only physical development
(b) Only cognitive development
(c) Both physical and cognitive development
(d) Only emotional development

Ans : SQP 2010

(c) Both physical and cognitive development
Climbing improves physical coordination, while building blocks enhance problem-solving and cognitive skills.

82. Adulthood Characteristics

Which characteristic of adulthood is best represented in this image?
(a) Rapid physical growth
(b) Emotional instability
(c) Maturity and responsibility
(d) Learning basic skills

Ans : COMP 2016

(c) Maturity and responsibility
Adulthood is marked by stability, responsibility, and fulfilling social and professional roles.

TWO MARK QUESTIONS

83. Define Adolescence.

Ans : MAIN 2024

Adolescence is a period of uncertain beginning and ending that cannot be dated exactly. However, it is generally considered to range from 12/13 years to 18/19 years.
This age is marked by changes in the glands of internal secretion not only in the sex glands but also in other glands. It is a phase of rapid growth and development.

84. What is infancy?

Ans : SQP 2021

The stage from birth to the end of 5 years of age is called infancy.

85. What is the period of childhood?

Ans : COMP 2023

The childhood stage begins from 5 years of age and ends by the end of 12 years.

86. What is meant by adulthood?

Ans : MAIN 2020

Adulthood is the stage from 19 years of age to 65 years of age and above. It is the time when the majority of the body's growth has taken place.

87. Define Growth.

Ans : SQP 2022

Growth is defined as the progressive increase in the size of a child or parts of a child. It includes height, weight, size, and the shape of body organs like the brain.

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88. What is development?

Ans : COMP 2007

Development refers to the progressive acquisition of skills and abilities, including physical, cognitive, emotional and social aspects, throughout an individual's life.

89. How is gender responsible for the growth and development of an individual?

Ans : MAIN 2003

Gender plays a crucial role in physical growth and development. Boys tend to grow taller and physically stronger, whereas girls experience faster growth during adolescence and maturity over a longer period. Gender also influences temperaments and interests.

90. Explain nationality as a factor affecting the development of an individual.

Ans : SQP 2004

Nationality impacts overall development by influencing cultural, societal, and environmental factors. Schools, neighborhoods, and community opportunities shape thoughts, behaviors, and attitudes. An enriching environment fosters growth, while an uninteresting one hinders it. Even weather plays a role in influencing development.

91. Why is nutrition an important determinant of the growth of an individual?

Ans : COMP 2009

Nutrition is essential for building and repairing body tissues. Malnutrition can cause growth deficiencies, while overeating leads to obesity and diseases like diabetes. A balanced diet rich in vitamins, minerals, proteins and carbohydrates ensures proper brain and body development.

92. Differentiate between growth and development.

Ans : MAIN 2002

(i) Growth : refers to quantitative physical changes such as an increase in height, weight, and organ size, which is finite.
(ii) Development : is both qualitative and quantitative, involving physical, cognitive, emotional, and social changes that continue throughout life.

93. Why is heredity considered an important factor in growth and development?

Ans : SQP 2017

Heredity determines genetic traits such as height, weight, skin color, and intelligence, which are passed from parents to children. It sets the potential for growth, but environmental factors like nutrition and lifestyle influence its realization.

94. What are the key characteristics of adolescence?

Ans : COMP 2013

Adolescence (12–19 years) is marked by:
(i) Physical changes : Puberty, voice deepening, facial hair in boys, breast development in girls.
(ii) Emotional changes : Mood swings, identity exploration.
(iii) Social challenges : Peer pressure, struggle for independence.

95. How does nutrition affect growth and development?

Ans : MAIN 2011

Proper nutrition ensures healthy physical and mental development by providing essential nutrients like proteins, vitamins, and minerals. Malnutrition can cause stunted growth, weak immunity, and cognitive impairment.

96. What role does the environment play in human development?

Ans : SQP 2016

The environment includes physical surroundings, education, healthcare, and social interactions. A positive environment with proper education and healthcare promotes growth, while negative factors like pollution and stress hinder development.

97. Explain the significance of infancy in human development.

Ans : COMP 2014

Infancy (0–5 years) is a crucial phase for brain development, motor skills, and sensory coordination. It lays the foundation for cognitive abilities, social interaction and emotional attachment.

98. Why does growth stop, but development continues throughout life?

Ans : MAIN 2008

Growth (physical changes) is finite, occurring mostly during childhood and adolescence. Development, including cognitive, emotional, and social skills, continues throughout life as individuals learn, adapt, and mature.

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99. How does gender influence growth and development?

Ans : SQP 2006

Gender affects growth due to hormonal differences.
(i) Males generally have more muscle mass and height.
(ii) Females mature earlier and experience puberty-related changes sooner than males.

100. What are the primary factors influencing growth and development?

Ans : COMP 2001

The primary factors are:
(i) Heredity : Genetic traits from parents.
(ii) Environment : Surroundings, education, and healthcare.
(iii) Nutrition : Balanced diet for physical and mental growth.
(iv) Gender : Hormonal differences in development.
(v) Stress & Lifestyle : Affects emotional and cognitive growth.

101. What social changes occur during childhood?

Ans : MAIN 2005

During childhood (5–12 years), children develop social skills, communication abilities, and self-control. They start making friends, understanding emotions, and imitating adults, which helps in behavioral and emotional maturity.

THREE MARKS QUESTIONS

102. Mention any three factors that influence the growth and development of an individual.

Ans : MAIN 2020

Factors influencing growth and development of an individual are :
(i) **Gender :** The gender of a child significantly impacts physical growth and development. Boys and girls grow differently, especially near puberty. Boys tend to be taller and physically stronger, while girls experience faster growth during adolescence. Their physical structure also influences their abilities, with boys being more athletic and suited for physical tasks.
(ii) **Nationality :** The country and community where a child lives affect their overall personality. Factors such as schools, neighborhoods, and opportunities offered by the community play a role. Living in an enriching environment helps children develop better social skills and adapt to their surroundings. On the other hand, uninteresting or restrictive communities may limit outdoor activities and impact their development.
(iii) **Environment :** The environmental conditions, such as cultural influences, societal attitudes, and even weather, shape a child's thoughts, behaviors, and personality. A supportive environment fosters creativity and adaptability, while a restrictive one can hinder overall development.

103. Explain growth and development in adolescence.

Ans : SQP 2020

Adolescence is a phase of rapid physical, emotional, and intellectual transformation, typically occurring between the ages of 10 and 19 years.
(i) Physical Growth :
  (a) This phase is marked by significant increases in height, weight, and overall body structure due to hormonal changes.
  (b) Bones elongate, muscles strengthen, and secondary sexual characteristics develop. Boys experience voice deepening, while girls develop broader hips and breast growth.
(ii) Intellectual Development :
  (a) Adolescents begin abstract thinking, critical reasoning, and problem-solving.
  (b) They question societal norms, form personal opinions, and explore self-identity.
(iii) Emotional and Social Growth :
  (a) Adolescents experience heightened emotions, mood swings, and a sense of independence.
  (b) They develop social relationships, face peer pressure, and learn to adapt to societal expectations.
  (c) They often struggle with decision-making and balancing responsibilities.

104. Explain developmental characteristics during childhood.

Ans : COMP 2024

The childhood stage, from 5 to 10 years, is critical for physical, intellectual, and emotional growth:
(i) Physical Development :

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(a) Children experience steady growth in height and weight.
(b) Temporary teeth fall out, replaced by permanent ones. Girls' growth is often faster than boys during this stage.
(c) Bones and muscles continue to develop, allowing better coordination for physical activities like running and jumping.

(ii) Intellectual Development :
(a) Language skills improve significantly, enabling better communication.
(b) Children develop memory, reasoning, and observation abilities.
(c) They explore their surroundings, showing curiosity and interest in learning new concepts.

(iii) Emotional Development :
(a) Emotional sensitivity increases, with children starting to understand and express complex feelings like empathy and guilt.
(b) They become conscious of their actions and the consequences.
(c) This stage is crucial for building self-esteem and managing emotions.

105. Explain the developmental characteristics during infancy.

Ans : MAIN 2021

Infancy, from birth to 5 years, is a phase of rapid development in physical, neurological and emotional areas:

(i) Physical Growth :
(a) Infants experience significant increases in height and weight, with rapid bone and muscle development.
(b) They learn basic motor skills such as crawling, sitting, standing, and walking.

(ii) Neurological Development :
(a) Reflex actions like sucking, crying, and eye movements dominate in the early stages.
(b) Over time, coordination between sensory organs and motor functions improves, enabling activities like grasping, rolling, and eventually walking.

(iii) Social and Emotional Growth :
(a) Infants bond with caregivers and begin expressing emotions like joy, fear, and anger.
(b) They develop trust and security through consistent care and attention.

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106. "Adolescence is the age of stress and strain." Explain.

Ans : SQP 2022

Adolescence, often called the "age of stress and strain," is a transitional phase from childhood to adulthood marked by rapid changes:

(i) Physical Stress :
(a) Adolescents undergo significant physical changes such as growth spurts, weight fluctuations and the development of secondary sexual characteristics.
(b) These changes often lead to awkwardness and self-consciousness about their appearance.

(ii) Emotional Strain :
(a) Hormonal changes trigger mood swings, irritability and heightened emotional sensitivity.
(b) Adolescents may experience anxiety about their identity, independence and future.

(iii) Social Pressure :
(a) Adolescents often face peer pressure and societal expectations.
(b) They struggle to balance personal desires with societal norms, leading to conflicts and stress.

(iv) Psychological Adjustments :
(a) Adolescents face challenges in developing decision-making skills and dealing with responsibilities.
(b) Inadequate coping mechanisms can lead to poor choices, such as risky behavior or withdrawal from social interactions.

(v) Coping and Guidance :
(a) Adolescents need proper guidance and support from parents, teachers, and peers to navigate this phase successfully.
(b) Encouraging open communication, providing emotional support and fostering a positive environment can alleviate stress and strain during this stage.

107. What is the difference between Growth and Development?

Ans : COMP 2007

The differences between growth and development are :

(i) Definition :
(a) Growth refers to a process of physical changes, such as an increase in the size or structure of the body.

(b) Development is a broader concept that includes emotional, social, cognitive, and psychological advancements along with physical growth.

(ii) Nature :
(a) Growth is quantitative, focusing on measurable changes like height, weight, and organ size.
(b) Development is qualitative, involving improvements in skills, behaviors and personality traits.

(iii) Duration :
(a) Growth happens during a specific time frame, mostly in childhood and adolescence.
(b) Development is a continuous process that spans a lifetime.

(iv) Constructive vs Destructive :
(a) In early life stages, growth and development are constructive, enhancing a person's abilities.
(b) After middle age, physical growth ceases, and aging leads to destructive changes, such as a decline in physical and mental capacities.

108. What are the characteristics of adulthood?

Ans : MAIN 2003

The characteristics of adulthood are :
(i) Physical Characteristics : Growth stabilizes, and physical changes slow down. Strength and vitality may peak during early adulthood and gradually decline in later years.
(ii) Emotional Stability : Adults are more emotionally mature and capable of managing stress, relationships, and responsibilities effectively.
(iii) Cognitive Development : Decision-making, problem-solving, and critical thinking skills are well-developed. Adults are capable of planning and executing complex tasks.
(iv) Social Roles : Adults take on significant roles in family, career, and society. They develop a sense of responsibility and accountability.
(v) Adaptation to Aging : In later stages of adulthood, individuals adapt to physical and mental aging, preparing for retirement and adjusting to life changes.

109. Explain environmental factors that influence the growth and development of an individual.

Ans : SQP 2004

Environmental factors such as family, school, society, and physical surroundings impact growth and development. A nurturing environment fosters psychological and social stimulation, aiding better development. Adverse surroundings, on the other hand, can hinder a child's growth.

110. Explain the difference between growth and development with examples.

Ans : COMP 2009

(i) Growth refers to quantitative physical changes such as an increase in height, weight, and organ size. It is finite and stops after a certain age.
Example : A child growing taller over the years.
(ii) Development is both qualitative and quantitative, including emotional, cognitive, and social changes, which continue throughout life.
Example : A child learning to speak and interact socially.

111. What are the key characteristics of adolescence, and why is it considered a transitional phase?

Ans : MAIN 2002

Adolescence (12–19 years) is a transitional phase marked by:
(i) Physical Changes : Puberty, voice deepening in boys, breast development in girls, growth spurts.
(ii) Emotional Changes : Mood swings, self-identity struggles, stress due to peer pressure.
(iii) Social Challenges : Increased independence, pressure to conform to societal norms.
It is a transition between childhood and adulthood, where individuals develop emotionally, socially, and physically.

112. How does heredity and environment interact to influence growth and development?

Ans : SQP 2017

(i) Heredity determines genetic traits like height, body structure, intelligence, and eye color, inherited from parents.
(ii) Environment shapes how these genetic traits develop through nutrition, education, healthcare, and lifestyle.
(iii) Even with strong genetic potential, poor nutrition or a stressful environment can hinder growth.

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Example : A child may have tall parents (heredity), but poor nutrition can stunt height growth (environment).

113. Discuss the importance of nutrition in physical and mental development.

Ans : COMP 2013

(i) Physical Growth : Proteins, vitamins, and minerals support bone, muscle, and organ development.
(ii) Cognitive Development : Nutrients like omega-3 ,iron, and vitamins improve brain function and memory.
(iii) Immunity & Health : A balanced diet boosts immunity, preventing diseases that may hinder growth.

Malnutrition can lead to stunted growth, learning difficulties, and weak immunity.

114. What are the different factors affecting growth and development? Explain with examples.

Ans : MAIN 2011

The key factors influencing growth and development are:
(i) Heredity : Determines genetic traits like height and body structure. (Example : A child inherits tall genes from parents.)
(ii) Environment : Living conditions, education, and healthcare impact development. (Example : A child with good schooling develops better cognitive skills.)
(iii) Nutrition : Essential for physical and mental growth. (Example : Malnourished children face stunted growth and learning difficulties.)

Each factor interacts to shape a person's overall development.

115. Describe the different stages of human growth and their key features.

Ans : SQP 2016

(i) Infancy (0–5 years) : Rapid brain and motor skills development; learning to walk and recognize people.
(ii) Childhood (5–12 years) : Improvement in logical thinking, muscle coordination, and social skills.
(iii) Adolescence (12–19 years) : Puberty, identity formation, emotional instability, and social challenges.
(iv) Adulthood (19+ years) : Stability, responsibility, career establishment, and emotional maturity.

Each stage contributes uniquely to an individual's physical, emotional, and cognitive growth.

116. How does gender influence growth and development? Provide examples.

Ans : COMP 2014

(i) Hormonal Differences : Males and females have different growth patterns due to hormones like testosterone and estrogen. Example : Girls mature earlier than boys.
(ii) Physical Growth : Males generally develop broader shoulders and more muscle mass, while females have wider hips and more fat distribution.
(iii) Puberty Timing : Females experience puberty earlier than males, leading to faster initial growth spurts.

Thus, gender plays a significant role in growth patterns and physical development.

117. Explain the role of environment in an individual's overall development.

Ans : MAIN 2008

(i) Physical Environment : Access to clean water, nutritious food, and healthcare ensures healthy physical growth.
(ii) Social Environment : Positive relationships and emotional support help develop confidence and self-esteem.
(iii) Educational Environment : Good education stimulates cognitive skills, problem-solving, and creativity.

A nurturing environment fosters holistic growth, while a poor environment can hinder development.

118. Why is development considered a lifelong process?

Ans : SQP 2006

(i) Physical Development : Although growth stops, adults continue to maintain health and fitness.
(ii) Cognitive Development : Learning, problem-solving, and memory improvement continue throughout life.
(iii) Emotional & Social Development : Maturity, relationship-building, and adaptability evolve over time.

Unlike growth, which stops after adolescence, development is ongoing, shaping personality and behavior.

119. What challenges do adolescents face in social development?

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Ans : COMP 2001

(i) Identity Crisis : Adolescents struggle with self-image and forming a personal identity.
(ii) Peer Pressure : Influence from friends can lead to stress and risky behavior.
(iii) Societal Expectations : Balancing independence with parental and cultural expectations is challenging.

These challenges shape emotional intelligence and decision-making skills.

CASE BASED QUESTION

120. Rahul, a 12-year-old boy, has difficulty making friends and often feels uncomfortable in social settings. His teacher encourages him to participate in group activities and discussions to help him interact with his classmates.
(i) Which aspect of development is being focused on?
(ii) Which skill is being targeted for improvement?

Ans : MAIN 2024

(i) Social Development
(ii) Interpersonal and Communication Skills

121. Meera, a 5-year-old child, is learning to hold a pencil and write letters. Initially, she struggles with hand control, but with regular practice, she improves her ability to write neatly.
(i) Which aspect of development is being enhanced?
(ii) Which motor skill is being developed?

Ans : SQP 2021

(i) Physical Development
(ii) Fine Motor Skills

122. Vikram, a 17-year-old boy, experiences rapid height growth and voice changes. He also starts developing facial hair and becomes more conscious of his appearance.
(i) Which stage of development is Vikram in?
(ii) Which type of growth is he experiencing?

Ans : COMP 2023

(i) Adolescence
(ii) Physical Growth (Puberty Changes)

123. Rohit, a 40-year-old man, focuses on maintaining a balanced diet and exercises regularly to stay healthy. He notices that his metabolism is slowing down, and his body requires more care than before.
(i) Which stage of growth is Rohit in?
(ii) Which factor is influencing his health?

Ans : MAIN 2020

(i) Adulthood
(ii) Lifestyle and Nutrition

124. Pooja, a 3-year-old girl, enjoys playing with colorful blocks and tries to arrange them in different patterns. Her parents observe that she is learning to recognize shapes and colors through play.
(i) Which aspect of development is being observed?
(ii) Which cognitive skill is being improved?

Ans : SQP 2007

(i) Cognitive Development
(ii) Problem-Solving and Visual Recognition

125. Arun, a 14-year-old, often feels unsure about his choices and struggles with self-identity. He frequently changes his opinions based on peer influence and finds it difficult to make independent decisions.
(i) Which stage of development is Arun going through?
(ii) Which emotional challenge is he facing?

Ans : COMP 2003

(i) Adolescence
(ii) Identity Crisis

126. Simran, a 25-year-old woman, has recently started a new job and is learning to balance her personal and professional responsibilities. She is also planning for long-term career growth.
(i) Which stage of development is Simran in?
(ii) Which aspect of development is being focused on?

Ans : MAIN 2004

(i) Adulthood
(ii) Emotional and Social Development

127. A 10-year-old child is encouraged by his parents to participate in outdoor sports to improve his strength and coordination. Over time, he becomes better at running, jumping, and playing team games.
(i) Which aspect of development is being targeted?
(ii) Which motor skill is improving?

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Ans : SQP 2009

(i) Physical Development
(ii) Gross Motor Skills

128. Neha, a 16-year-old girl, often feels pressure to perform well in exams. She worries about her future and sometimes experiences anxiety before important tests.
(i) Which developmental challenge is Neha facing?
(ii) Which aspect of development is affected?

Ans : COMP 2002

(i) Academic Stress
(ii) Emotional Development

129. Amit, a 6-year-old boy, is learning to share his toys with friends and work in a team during classroom activities. His teacher encourages him to interact politely and respect others' opinions.
(i) Which aspect of development is Amit improving?
(ii) Which social skill is being developed?

Ans : MAIN 2017

(i) Social Development
(ii) Cooperation and Teamwork

130. Ayesha, a 4-year-old girl, is learning to recognize numbers and letters. She enjoys identifying objects in books and can now remember simple rhymes and stories.
(i) Which aspect of development is being observed?
(ii) Which cognitive skill is improving?

Ans : SQP 2013

(i) Cognitive Development
(ii) Memory and Recognition

131. Karan, a 13-year-old boy, enjoys debating in school but often struggles to manage his emotions when he loses an argument. His teacher helps him practice patience and self-control during discussions.
(i) Which aspect of development is Karan improving?
(ii) Which emotional skill is being targeted?

Ans : COMP 2011

(i) Emotional Development
(ii) Self-Regulation and Emotional Control

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132. Ravi, a 50-year-old man, has started experiencing difficulty in physical endurance and muscle strength. He notices that his reflexes are slower than before, and his doctor advises him to stay active.
(i) Which stage of growth is Ravi in?
(ii) Which natural process is affecting his development?

Ans : MAIN 2016

(i) Late Adulthood
(ii) Aging and Physical Decline

133. Meenal, an 8-year-old girl, enjoys solving puzzles and building models with small blocks. She also shows interest in creative problem-solving games at school.
(i) Which aspect of development is being observed?
(ii) Which skill is improving?

Ans : SQP 2014

(i) Cognitive Development
(ii) Logical Thinking and Problem-Solving

134. Arjun, a 9-year-old boy, is learning to tie his shoelaces and button his shirt independently. His parents encourage him to perform these daily activities without assistance.
(i) Which aspect of development is being targeted?
(ii) Which motor skill is improving?

Ans : COMP 2008

(i) Physical Development
(ii) Fine Motor Skills

135. Rohan, a 10-year-old boy, is showing rapid improvement in his ability to solve mathematical problems and make logical decisions. His teacher observes that he is also developing better self-control and social skills.
(i) Which aspect of development is being observed in Rohan?
(ii) How does this aspect contribute to his overall personality?

Ans : MAIN 2006

(i) Cognitive and social development
(ii) Cognitive development enhances logical thinking, problem-solving, and decision-making abilities, while social development helps in emotional regulation and interpersonal relationships. Together, they shape an individual's overall personality.

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136. A newborn baby is able to grip objects placed in its hand and gradually learns to sit, crawl, and walk. These physical changes occur progressively over time.
(i) Which process is being described in the baby's growth?
(ii) How does this process differ from development?

Ans : SQP 2001

(i) Growth
(ii) Growth refers to quantitative physical changes like increase in height and weight, whereas development includes both physical and psychological transformations, such as motor skills and emotional maturity.

137. Ananya, a 16-year-old girl, is experiencing emotional highs and lows. Sometimes, she feels extremely confident, while at other times, she struggles with self-doubt and mood swings.
(i) Which stage of growth and development is Ananya going through?
(ii) What is a key characteristic of this stage?

Ans : COMP 2000

(i) Adolescence (12 to 19 years)
(ii) Adolescence is marked by strong emotional fluctuations, identity exploration, and the struggle to adapt to societal norms.

138. Raj, a 7-year-old child, has recently started imitating his father's mannerisms and way of speaking. He also shows increased curiosity and frequently asks "why" and "how" questions.
(i) Which stage of growth and development is Raj experiencing?
(ii) How does this stage contribute to a child's learning process?

Ans : MAIN 2005

(i) Childhood (5 to 12 years)
(ii) In childhood, children develop curiosity, imagination, and observational learning. They start idolizing adults and acquire social and communication skills.

139. Arjun, a 22-year-old man, has taken up a full-time job and is focusing on achieving career stability. He has also started making independent decisions about his future.
(i) Which stage of growth and development is Arjun in?
(ii) What are the primary characteristics of this stage?

Ans : SQP 2012

(i) Adulthood (19 to 65 years and beyond)
(ii) Adulthood is characterized by maturity, stability, responsibility, and independent decision-making.

140. A mother notices that her two-year-old son has started recognizing family members and responding to their emotions. He expresses joy by clapping and sadness by crying.
(i) Which aspect of development is the child showing?
(ii) Why is this aspect crucial in early childhood?

Ans : COMP 2015

(i) Emotional and social development
(ii) Emotional and social development helps children build relationships, express feelings, and develop empathy, which are crucial for healthy psychological growth.

141. Kavya and her twin sister were born at the same time, yet Kavya is taller and physically stronger than her sister. Their parents wonder why their growth rates differ.
(i) Which factor influencing growth and development explains this difference?
(ii) How does this factor affect an individual's physical traits?

Ans : MAIN 2018

(i) Heredity
(ii) Heredity determines genetic traits like height, body structure, and growth potential, but external factors like nutrition and lifestyle can modify these inherited characteristics.

142. Varun, a 14-year-old boy, has been consuming an unbalanced diet with excessive junk food. His doctor warns him that his nutritional choices may affect his physical and cognitive development.
(i) Which factor influencing growth and development is highlighted in this scenario?
(ii) What are the possible effects of poor nutrition on growth?

Ans : SQP 2019

(i) Nutrition
(ii) Poor nutrition can lead to stunted growth, weak immunity, cognitive difficulties, and low energy levels, affecting overall development.

143. Sneha, a 9-year-old girl, has been raised in a positive home environment where she has access to quality education, healthcare, and emotional

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support. Her parents believe this environment has contributed to her overall development.

(i) Which factor influencing growth and development is responsible for Sneha's progress?

(ii) How does this factor impact an individual's development?

Ans : COMP 2010

(i) Environment

(ii) A supportive environment enhances physical, emotional, social, and cognitive development by providing essential resources and a nurturing atmosphere.

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CHAPTER 2

PHYSICAL EDUCATION

SUMMARY

1. PHYSICAL EDUCATION

Physical Education is derived from two words, "Physical" and "Education." The term "Physical" refers to the body, encompassing various aspects such as health, strength, endurance, speed, agility, and physical performance. On the other hand, "Education" signifies systematic instruction or training designed to enhance learning and development. When combined, Physical Education refers to structured instruction or training aimed at developing the body through physical activities, while also promoting physical skills and overall fitness.

2. SCOPE OF PHYSICAL EDUCATION

Physical Education encompasses a wide range of activities that promote overall growth and development. It focuses on improving physical fitness, skill refinement, and fostering positive attitudes towards a healthy lifestyle.

1. It involves the acquisition and refinement of motor skills.
2. Physical education emphasizes fitness, positive attitudes, and knowledge about physical activities for overall performance improvement.
3. It contributes to the balanced development of the body and mind while fostering physical, mental, emotional, and social wellbeing.

3. IMPORTANCE OF PHYSICAL EDUCATION

Physical Education plays a vital role in shaping an individual's overall wellbeing. It focuses on holistic development by integrating physical activities into daily life, contributing to both personal and social growth.

1. Develops total personality by improving physical, mental, social, and emotional aspects.
2. Promotes good health, progress, and wellness, leading to a balanced life.
3. Encourages positive attitudes towards exercise and fitness, enhancing human performance.

4. DEFINITIONS BY EXPERTS

Physical Education has been defined by various experts, emphasizing its role in holistic development through structured physical activities and experiences. Below are some notable definitions :

1. H.C. Buck : Physical education is part of general education, focusing on the growth and development of individuals through physical activities, influencing mental, emotional, and moral growth.
2. Charles A. Bucher : Physical education develops physically, mentally, emotionally, and socially fit individuals through selected physical activities.
3. Oberteuffer : Physical education is the sum of experiences contributing to physical development through movements.
4. Cassidy : It involves changes experienced through motor activities.
5. J.B. Nash : It is an educational phase dealing with physical activities and their effects on the body.
6. J.F. Williams and C.L. Brownell : It encompasses wholesome activities for physical, social, and emotional development.
7. Central Advisory Board of Physical Education and Recreation : Physical education leads to optimum growth through recreational and structured activities.

5. AIM OF PHYSICAL EDUCATION

The aim of physical education is to ensure "optimum, allround and wholesome development of an individual" through structured physical activities.

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6. OBJECTIVES OF PHYSICAL EDUCATION

1. Physical Development : Physical education improves health and fitness, focusing on the growth of circulatory, digestive, nervous, and muscular systems. It enhances the size, shape, and efficiency of body parts like muscles and bones.
2. Psychological/Mental Development : It sharpens cognitive skills through physical activities, promoting decision making, focus, and alertness.
3. Social Development : Physical education fosters social traits like teamwork, cooperation, tolerance, and sportsmanship while encouraging interaction across diverse backgrounds.
4. Emotional Development : It helps manage emotions like fear, anger, and hope, fostering emotional balance and self control through active participation.

MULTIPLE CHOICE QUESTION

1. What does the term "Physical" in Physical Education refer to?
(a) Systematic instruction
(b) The body and its various aspects
(c) Learning and development
(d) Emotional wellbeing

Ans : MAIN 2024

(b) The body and its various aspects
The term "Physical" refers to the body, encompassing various elements such as health, strength, endurance, speed, agility, and physical performance. It focuses on improving bodily functions and overall physical fitness through structured activities.

2. What is the primary focus of Physical Education?
(a) Enhancing only mental wellbeing
(b) Structured training to develop the body through physical activities
(c) Teaching theoretical subjects
(d) Promoting technological skills

Ans : SQP 2021

(b) Structured training to develop the body through physical activities
Physical Education aims to enhance the body's fitness, skill set, and overall performance. It incorporates organized physical activities to promote physical and mental wellbeing while fostering a healthy lifestyle.

3. Which of the following is NOT an aspect covered under the scope of Physical Education?
(a) Acquisition of motor skills
(b) Refinement of technological skills
(c) Promoting overall fitness
(d) Fostering social wellbeing

Ans : COMP 2023

(b) Refinement of technological skills
Physical Education focuses on improving motor skills, physical fitness, and social wellbeing. It does not address technological skills, as its primary purpose is related to physical and holistic development.

4. What is one of the aims of Physical Education?
(a) To specialize in academic knowledge
(b) To ensure all round development through physical activities
(c) To focus solely on physical strength
(d) To teach scientific experiments

Ans : MAIN 2020

(b) To ensure all round development through physical activities
The aim of Physical Education is to promote the balanced growth of an individual by integrating physical, mental, social, and emotional aspects. Through structured physical activities, it fosters holistic development.

5. According to H.C. Buck, what does Physical Education focus on?
(a) Growth through technological advancements
(b) Growth through physical activities, influencing mental and emotional development
(c) Development of academic knowledge
(d) Understanding recreational activities

Ans : COMP 2022

(b) Growth through physical activities, influencing mental and emotional development
H.C. Buck highlights that Physical Education is a part of general education. It focuses on developing the physical body while positively impacting mental, emotional and moral growth through physical activities.

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6. Which system is NOT directly improved through Physical Development in Physical Education?
(a) Circulatory system
(b) Digestive system
(c) Nervous system
(d) Financial system

Ans : SQP 2007

(d) Financial system
Physical Development in Physical Education emphasizes enhancing the efficiency of systems like the circulatory, digestive, nervous, and muscular systems. It is unrelated to financial matters, focusing instead on physical health and performance.

7. How does Physical Education contribute to Social Development?
(a) By enhancing personal decision making
(b) By teaching teamwork, cooperation and tolerance
(c) By focusing on academic skills
(d) By encouraging financial independence

Ans : MAIN 2003

(b) By teaching teamwork, cooperation and tolerance
Social Development is a key aspect of Physical Education. It helps individuals develop traits like teamwork, sportsmanship, and tolerance while promoting positive interactions with people from diverse backgrounds.

8. Which of the following is NOT a definition of Physical Education by experts?
(a) "It involves structured physical activities for holistic development."
(b) "It is the sum of experiences contributing to physical development through movements."
(c) "It is an educational phase focusing on physical activities and their effects on the body."
(d) "It is a subject limited to developing technological skills."

Ans : COMP 2004

(d) "It is a subject limited to developing technological skills."
Physical Education is defined by experts as involving physical activities, movements, and their impact on overall development. It does not focus on technological skills but emphasizes physical, emotional, social, and mental growth.

9. What is the role of Physical Education in Emotional Development?
(a) Developing financial independence
(b) Fostering emotional balance and self control
(c) Enhancing physical endurance
(d) Promoting social skills

Ans : SQP 2009

(b) Fostering emotional balance and self control
Emotional Development through Physical Education involves managing and balancing emotions like fear, anger, and hope. Active participation in physical activities helps individuals develop self control, resilience, and emotional stability.

10. What does Physical Education promote to lead a balanced life?
(a) Academic performance
(b) Good health and wellness
(c) Financial literacy
(d) Theoretical knowledge

Ans : COMP 2002

(b) Good health and wellness
Physical Education plays a critical role in promoting good health, overall wellness, and progress. By integrating physical activities into daily life, it ensures a balanced approach to living, enhancing both personal and social growth.

11. Which aspect does Physical Education aim to develop alongside physical skills?
(a) Culinary skills
(b) Emotional balance
(c) Financial independence
(d) Artistic talent

Ans : SQP 2017

(b) Emotional balance
Physical Education focuses not only on physical skills but also on helping individuals manage emotions like fear, anger, and hope. By actively participating in physical activities, people develop resilience, self control, and the ability to balance their emotions in challenging situations, enhancing overall wellbeing.

12. Which of the following is a focus area of Physical Education?
(a) Motor skill acquisition
(b) Economic theories
(c) Financial management
(d) Literary analysis

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Ans : MAIN 2013

(a) Motor skill acquisition
Motor skills, such as coordination, balance, and agility, are a key focus of Physical Education. These skills enable individuals to perform complex movements effectively and safely, which is essential for sports, physical activities and daily tasks. Motor skill refinement also enhances body awareness and control.

13. Who defined Physical Education as "part of general education that contributes to growth through physical activities"?
(a) J.B. Nash
(b) H.C. Buck
(c) Cassidy
(d) Oberteuffer

Ans : MAIN 2019

(b) H.C. Buck
H.C. Buck recognized Physical Education as an integral part of general education. He emphasized that it contributes to the overall growth of an individual by incorporating physical activities that positively impact mental, emotional and moral development alongside physical fitness.

14. What does the term "Education" signify in Physical Education?
(a) Systematic instruction or training for learning and development
(b) Solely academic learning
(c) The process of earning certifications
(d) The acquisition of monetary skills

Ans : COMP 2016

(a) Systematic instruction or training for learning and development
In Physical Education, "Education" refers to the structured and systematic process of instruction that enhances both learning and development. It involves deliberate teaching methods that aim to improve physical, mental, social and emotional wellbeing, fostering lifelong healthy habits.

15. Which of the following is NOT a component of Physical Education's scope?
(a) Fostering mental wellbeing
(b) Promoting social interaction
(c) Developing financial literacy
(d) Enhancing physical fitness

Ans : SQP 2008

(c) Developing financial literacy
Physical Education primarily focuses on physical, mental, emotional, and social development. It does not deal with financial literacy, as its purpose is to cultivate healthy living habits, physical fitness, teamwork and overall wellbeing through physical activities.

16. Which system benefits directly from regular participation in Physical Education?
(a) Financial system
(b) Digestive system
(c) Communication system
(d) Transport system

Ans : COMP 2017

(b) Digestive system
Physical Education improves bodily systems, including the digestive system, by encouraging activities that boost metabolism and digestion. Regular physical activity enhances the efficiency of various systems in the body, such as the circulatory and nervous systems, promoting overall health and vitality.

17. What is a key objective of Physical Education in psychological development?
(a) Enhancing focus and decision making
(b) Increasing financial gains
(c) Promoting scientific discoveries
(d) Improving artistic talent

Ans : SQP 2006

(a) Enhancing focus and decision making
Psychological development in Physical Education emphasizes improving cognitive functions. Activities that challenge the mind and body together, such as sports and games, enhance concentration, problem solving abilities and quick decision making, which are critical for both sports and everyday life.

18. Who defined Physical Education as "the sum of experiences contributing to physical development through movements"?
(a) Oberteuffer
(b) Charles A. Bucher
(c) J.F. Williams
(d) Central Advisory Board

Ans : MAIN 2012

(a) Oberteuffer
Oberteuffer's definition highlights the experiential nature of Physical Education. By engaging in movement based activities, individuals develop their physical capabilities, including strength,

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endurance, flexibility, and coordination. This hands on approach fosters growth and enhances physical performance.

19. What is one of the emotional benefits of participating in Physical Education?
(a) Developing financial independence
(b) Enhancing academic knowledge
(c) Fostering self control
(d) Learning new languages

Ans : MAIN 2011

(c) Fostering self control
Physical Education helps participants develop self control by teaching them to manage their emotions during both successes and challenges. Activities like team sports, yoga, and individual training sessions encourage emotional regulation, patience and perseverance, contributing to personal growth.

20. Which expert defined Physical Education as activities promoting physical, mental, emotional, and social fitness?
(a) H.C. Buck
(b) Charles A. Bucher
(c) Cassidy
(d) J.B. Nash

Ans : COMP 2016

(b) Charles A. Bucher
Charles A. Bucher emphasized the multidimensional nature of Physical Education. By participating in physical activities, individuals not only enhance their physical fitness but also improve their mental alertness, emotional stability and social interactions, making it an essential aspect of overall education.

21. What kind of activities does Physical Education involve?
(a) Recreational and structured activities
(b) Financial planning sessions
(c) Historical analysis
(d) Literature appreciation

Ans : SQP 2014

(a) Recreational and structured activities
Physical Education includes a mix of recreational and structured activities designed to promote overall development. Recreational activities provide enjoyment and stress relief, while structured activities focus on specific fitness goals, skill building and discipline.

22. Which of the following is an objective of Social Development in Physical Education?
(a) Improving academic skills
(b) Developing teamwork and cooperation
(c) Enhancing technical knowledge
(d) Building financial security

Ans : MAIN 2008

(b) Developing teamwork and cooperation
Social Development is a fundamental objective of Physical Education. It encourages positive traits such as teamwork, cooperation, tolerance, and respect. These qualities are developed through group activities, sports and games, fostering better interpersonal relationships.

23. Who defined Physical Education as "an educational phase dealing with physical activities and their effects on the body"?
(a) J.B. Nash
(b) H.C. Buck
(c) Oberteuffer
(d) Central Advisory Board

Ans : COMP 2006

(a) J.B. Nash
J.B. Nash highlighted the educational value of Physical Education by explaining its focus on physical activities and their positive effects on the human body. This definition underscores its role in holistic development and physical health.

24. How does Physical Education help manage emotions?
(a) By teaching theoretical concepts
(b) Through active participation in physical activities
(c) By promoting financial growth
(d) Through academic assessments

Ans : SQP 2001

(b) Through active participation in physical activities
Physical activities such as yoga, meditation, and sports help individuals cope with stress and emotions like anger or fear. Engaging in these activities releases endorphins, improves mood, and teaches emotional resilience and control.

25. What does the Central Advisory Board of Physical Education emphasize in its definition?
(a) Physical growth through technological skills
(b) Optimum growth through recreational and structured activities
(c) Development of theoretical knowledge
(d) Financial independence through physical activities

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Ans : MAIN 2000

(b) Optimum growth through recreational and structured activities

The Central Advisory Board defines Physical Education as promoting the all round development of individuals through both recreational and structured activities. This approach ensures a balance between enjoyment and disciplined training for holistic growth.

26. According to the scope of Physical Education, which of the following statements is correct?

(a) Physical Education focuses only on skill development and not on overall fitness.

(b) Physical Education promotes fitness, skill development, and a healthy lifestyle.

(c) Physical Education is only useful for athletes and not for general individuals.

(d) Physical Education does not contribute to social wellbeing.

Ans : SQP 2005

(b) Physical Education promotes fitness, skill development, and a healthy lifestyle.

Physical Education promotes overall fitness, skill development, and a healthy lifestyle. It enhances physical, mental, emotional and social wellbeing, ensuring holistic growth rather than focusing solely on physical fitness or sports training.

27. According to H.C. Buck, how does Physical Education contribute to an individual's growth?

(a) It is separate from general education and focuses only on physical training.

(b) It is part of general education, promoting growth through physical activities and influencing mental, emotional, and moral development.

(c) It solely prepares individuals for competitive sports and does not impact their personality.

(d) It only develops the body and ignores mental and emotional aspects.

Ans : MAIN 2012

(b) It is part of general education, promoting growth through physical activities and influencing mental, emotional, and moral development.

H.C. Buck defines Physical Education as part of general education that contributes to physical, mental, emotional, and moral growth. It helps individuals develop a well rounded personality through structured physical activities rather than just athletic training.

28. Which of the following is a primary objective of Physical Education?

(a) To promote good health, wellness and a balanced lifestyle.

(b) To focus only on the development of muscles.

(c) To provide knowledge about sports without practical application.

(d) To discourage teamwork and cooperation.

Ans : SQP 2015

(a) To promote good health, wellness and a balanced lifestyle.

The primary objective of Physical Education is to enhance health, wellness, and balanced living by integrating physical activities into daily life. It goes beyond physical fitness contributing to mental, emotional and social development for a healthier lifestyle.

29. According to Charles A. Bucher, what is the purpose of Physical Education?

(a) To focus only on professional athletes and competitive sports.

(b) To develop individuals who are physically, mentally, emotionally, and socially fit.

(c) To improve academic knowledge without involving physical activities.

(d) To make individuals strong without focusing on mental or social aspects.

Ans : COMP 2018

(b) To develop individuals who are physically, mentally, emotionally, and socially fit.

Charles A. Bucher emphasized that Physical Education develops individuals holistically, focusing on physical, mental, emotional and social wellbeing. It is not limited to sports training but aims at making individuals fit, active and socially responsible.

30. What is the role of Physical Education in social development?

(a) It fosters social traits like teamwork, cooperation, and tolerance.

(b) It promotes individualism by avoiding social interactions.

(c) It discourages group participation and teamwork.

(d) It is not concerned with social wellbeing.

Ans : MAIN 2010

(a) It fosters social traits like teamwork, cooperation, and tolerance.

Physical Education encourages social development by fostering teamwork, cooperation, tolerance,

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and sportsmanship. It helps individuals develop positive social traits and interact effectively in various group activities, promoting better communication and inclusivity.

31. What is the contribution of Physical Education to emotional development?
(a) It has no impact on emotional balance and self control.
(b) It only focuses on physical growth without considering emotional aspects.
(c) It helps in controlling emotions like fear, anger, and stress.
(d) It discourages participation in activities that require emotional stability.

Ans : SQP 2018

(c) It helps in controlling emotions like fear, anger, and stress.
Emotional development in Physical Education helps individuals control emotions like fear, anger, and stress. It enhances self discipline, resilience, and emotional balance, leading to better performance in daily activities, sports, and social situations.

32. What is the role of Psychological Development in Physical Education?
(a) It improves decision making, focus and alertness.
(b) It only focuses on physical fitness and ignores cognitive skills.
(c) It is not related to learning and mental growth.
(d) It discourages strategic thinking and problem solving.

Ans : MAIN 2010

(a) It improves decision making, focus and alertness.
Psychological development in Physical Education sharpens decision making, focus, and alertness. It encourages strategic thinking, problem solving, and cognitive growth, making individuals mentally sharp and able to handle various physical and mental challenges effectively.

33. What is the significance of the Central Advisory Board of Physical Education and Recreation?
(a) It focuses only on training athletes for competitions.
(b) It does not recognize the importance of social and emotional development.
(c) It limits Physical Education to theoretical knowledge only.
(d) It states that Physical Education leads to optimum growth through recreational and structured activities.

Ans : COMP 2013

(d) It states that Physical Education leads to optimum growth through recreational and structured activities.
The Central Advisory Board of Physical Education and Recreation states that Physical Education supports optimum growth through structured and recreational activities. It ensures that individuals develop fitness, mental alertness, emotional balance, and teamwork skills.

34. Which of the following best describes the aim of Physical Education?
(a) To provide structured physical activities for optimum, all round and wholesome development.
(b) To improve only physical strength and agility, ignoring mental aspects.
(c) To focus solely on academic knowledge and avoid practical activities.
(d) To train only elite athletes for competitive sports.

Ans : SQP 2011

(a) To provide structured physical activities for optimum, all round and wholesome development.
The aim of Physical Education is to provide structured physical activities that ensure optimum, all round, and wholesome development. It enhances physical strength, mental sharpness, emotional balance, and social skills, benefiting both individuals and society.

35. According to J.B. Nash, what is the role of Physical Education?
(a) It deals with physical activities and their effects on the body.
(b) It is only useful for individuals pursuing professional sports careers.
(c) It discourages participation in fitness programs for non athletes.
(d) It focuses only on strength training without considering other aspects.

Ans : SQP 2017

(a) It deals with physical activities and their effects on the body.
J.B. Nash defines Physical Education as a field that focuses on physical activities and their effects on the body. It highlights how exercise impacts physical, mental and emotional wellbeing, promoting overall fitness and health benefits.

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ASSERTION AND REASON

36. **Assertion (A) :** Physical Education focuses on the holistic development of individuals.
Reason (R) : Physical Education promotes physical, mental, emotional, and social wellbeing through structured physical activities.
(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans : MAIN 2024

(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
Physical Education incorporates structured physical activities that support the overall development of individuals by enhancing their physical, mental, emotional, and social wellbeing, making it a holistic approach.

37. **Assertion (A) :** Physical Education improves emotional stability.
Reason (R) : Physical Education focuses exclusively on the development of motor skills.
(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans : SQP 2023

(c) (A) is true, but (R) is false.
While Physical Education does improve emotional stability by fostering self control and managing emotions, it does not focus exclusively on motor skills. It encompasses a wide range of developmental aspects, including emotional balance and mental focus.

38. **Assertion (A) :** Physical Education helps in fostering teamwork and cooperation.
Reason (R) : Social Development in Physical Education promotes interaction across diverse groups.
(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans : COMP 2021

(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
Social Development, a key focus of Physical Education, helps individuals develop teamwork, cooperation, and tolerance by encouraging interaction with people from diverse backgrounds, which is essential in group sports and activities.

39. **Assertion (A) :** Physical Education contributes to improved decision making skills.
Reason (R) : Physical activities sharpen cognitive abilities and improve focus.
(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans : SQP 2020

(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
Cognitive benefits of Physical Education include improved focus, alertness, and quick decision making skills, which are developed through activities requiring mental and physical coordination.

40. **Assertion (A) :** Emotional development is a key aspect of Physical Education.
Reason (R) : Emotional development involves managing emotions like fear, anger, and hope.
(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans : MAIN 2007

(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
Emotional development is a significant part of Physical Education. It helps individuals manage emotions effectively, fostering self control and emotional balance through active engagement in physical activities.

41. **Assertion (A) :** Physical Education improves the efficiency of body systems like the circulatory and nervous systems.
Reason (R) : Regular physical activities enhance the functioning of these systems, promoting overall health.

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(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans : COMP 2002

(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
Physical Education promotes physical fitness by enhancing the efficiency of body systems, such as the circulatory and nervous systems. Regular physical activities improve blood circulation, oxygen transport and overall system functioning.

42. **Assertion (A) :** Physical Education primarily focuses on financial development.
Reason (R) : Physical Education aims to develop physical, emotional, and social fitness.
(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans : COMP 2022

(d) (A) is false, but (R) is true.
Physical Education does not focus on financial development. Instead, it aims to enhance physical fitness, emotional stability and social skills through structured physical activities.

43. **Assertion (A) :** Physical Education promotes good health and wellness.
Reason (R) : Physical Education focuses on integrating physical activities into daily life for balanced development.
(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans : SQP 2009

(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
Physical Education helps individuals maintain good health by encouraging regular physical activity, which contributes to physical, mental, and emotional wellbeing. Integrating physical activities into daily routines ensures a balanced and healthy lifestyle.

44. **Assertion (A) :** Physical Education develops teamwork and sportsmanship.
Reason (R) : Group activities and sports encourage individuals to interact with others and develop social skills.
(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans : MAIN 2004

(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
Social development in Physical Education is enhanced through group activities, which promote teamwork, cooperation, tolerance, and respect for others. Sports and team based exercises are ideal for fostering these social traits.

45. **Assertion (A) :** Physical Education contributes to psychological development.
Reason (R) : Physical activities improve focus, cognitive skills, and decision making.
(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans : MAIN 2003

(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
Psychological benefits of Physical Education include improved concentration, alertness, and the ability to make quick decisions. Physical activities challenge both the body and the mind, enhancing cognitive functions.

46. **Assertion (A) :** Physical Education helps in emotional control.
Reason (R) : Activities like yoga and meditation reduce stress and promote emotional balance.
(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans : COMP 2014

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(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
Physical Education includes activities like yoga, stretching, and meditation, which help individuals manage emotions like stress, anger, and fear. This promotes emotional control and improves mental wellbeing.

47. **Assertion (A) :** Physical Education aims at the allround development of individuals.
Reason (R) : It focuses only on physical fitness and motor skill enhancement.
(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans : SQP 2016

(c) (A) is true, but (R) is false.
Physical Education promotes the all round development of individuals, including physical, mental, emotional, and social aspects. It is not limited to physical fitness and motor skills but also emphasizes mental focus, teamwork, and emotional stability.

48. **Assertion (A) :** Physical Education sharpens decision making skills.
Reason (R) : Engaging in physical activities improves focus and cognitive abilities.
(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans : COMP 2011

(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
Decision making requires focus and quick thinking, which are enhanced through physical activities that challenge both the mind and body. Sports and games are excellent tools for developing this skill.

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49. **Assertion (A) :** Physical Education promotes fitness and wellness.
Reason (R) : It ensures the development of circulatory, digestive, and nervous systems.
(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans : MAIN 2013

(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
Physical Education improves bodily functions by enhancing the efficiency of various systems, such as the circulatory, digestive, and nervous systems. This directly contributes to overall fitness and wellness.

50. **Assertion (A) :** Physical Education helps develop social skills.
Reason (R) : Activities in Physical Education encourage interaction among diverse individuals.
(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans : COMP 2017

(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
Social skills like teamwork, communication, and tolerance are developed in Physical Education as individuals engage in group activities, sports, and games that require collaboration and interaction with people from diverse backgrounds.

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51. **Assertion (A) :** Physical Education improves mental alertness.
Reason (R) : Physical activities stimulate brain function, increasing focus and concentration.
(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans : MAIN 2008

(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
Regular physical activity enhances brain function by improving blood flow and oxygen levels, which boosts focus, concentration, and overall mental alertness.

52. **Assertion (A) :** Physical Education develops motor skills.
Reason (R) : Motor skills are refined through repetitive practice and training in physical activities.
(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
(b) Both (A) and (R) are true, but (R) is not the correct explanation of (A).
(c) (A) is true, but (R) is false.
(d) (A) is false, but (R) is true.

Ans : SQP 2018

(a) Both (A) and (R) are true, and (R) is the correct explanation of (A).
Motor skills, such as coordination, balance, and agility, are developed through regular practice in physical activities. These skills enhance physical performance and efficiency in daily tasks and sports.

MACHING TYPE QUESTIONS

53. Match the Following

	Column A		Column B
(I)	Macrocycle	1.	Few weeks of workout.
(II)	Mesocycle	2.	Few months of workout
(III)	Microcycle	3.	Few days of workout.
(IV)	Warmup	4.	Done before intense activity.

(a) I-2, II-1, III-3, IV-4.
(b) I-3, II-2, III-1, IV-4.
(c) I-1, II-2, III-4, IV-3.
(d) I-2, II-3, III-1, IV-4.

Ans : COMP 2024

(a) I-2, II-1, III-3, IV-4.
Macrocycle : Few months workout. (I-2)
Mesocycle : Few weeks workout. (II-1)
Microcycle : Few days workout. (III-3)
Warmup : Done before intense activity. (IV-4)

54. Match the Following

	Column A		Column B
(I)	Aerobic Exercise	1.	Short bursts of high intensity movements
(II)	Anaerobic Exercise	2.	Requires oxygen, improves endurance.
(III)	Flexibility Training	3.	Improves range of motion in joints.
(IV)	Strength Training	4.	Enhances muscle power and endurance.

(a) I-2, II-1, III-3, IV-4.
(b) I-3, II-4, III-1, IV2.
(c) I-1, II-2, III-4, IV-3.
(d) I4, II-1, III-3, IV2.

Ans : SQP 2021

(a) I-2, II-1, III-3, IV-4.
Exercise : Requires oxygen, improves endurance. (I-2)
Exercise : Short bursts of high intensity movements. (II-1)
Training : Improves range of motion in joints. (III-3)
Training : Enhances muscle power and endurance. (IV-4)

55. Match the Following

	Column A		Column B
(I)	Physical Fitness	2.	Improves decision making, focus.
(II)	Psychological Fitness	1.	Social traits like cooperation, tolerance.
(III)	Social Fitness	4.	Helps manage stress and anxiety.
(IV)	Emotional Fitness	3.	Increases strength, endurance, agility.

(a) I-3, II-2, III-1, IV-4.
(b) I-2, II-1, III-4, IV-3.
(c) I-1, II-3, III-2, IV-4.
(d) I-3, II-4, III-1, IV2.

Ans : COMP 2023

(a) I-3, II-2, III-1, IV-4.
Physical Fitness : Strength, endurance, agility. (I-3)
Psychological Fitness : Decision making, focus. (II-2)
Social Fitness : Cooperation, tolerance. (III-1)
Emotional Fitness : Stress and anxiety management. (IV-4)

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56. Match the Following

	Column A		Column B
(I)	Strength	2.	Ability to move quickly.
(II)	Speed	4.	Ability to stretch muscles.
(III)	Endurance	3.	Ability to exert force.
(IV)	Flexibility	1.	Ability to sustain effort over time.

(a) I-3, II-2, III-1, IV-4.
(b) I-1, II-3, III-4, IV2.
(c) I-2, II-4, III-1, IV-3.
(d) I4, II-1, III-3, IV2.

Ans : MAIN 2020

(a) I-3, II-2, III-1, IV-4.
Strength : Ability to exert force. (I-3)
Speed : Ability to move quickly. (II-2)
Endurance : Ability to sustain effort over time. (III-1)
Flexibility : Ability to stretch muscles. (IV-4)

57. Match the Following

	Column A		Column B
(I)	Coordination	2.	Time taken to respond to a stimulus.
(II)	Reaction Time	3.	Changing direction quickly.
(III)	Agility	1.	Maintaining balance during movement.
(IV)	Balance	4.	Smooth and efficient movement.

(a) I4, II-2, III-3, IV1.
(b) I-3, II-4, III-1, IV2.
(c) I-2, II-1, III-4, IV-3.
(d) I-1, II-3, III-2, IV-4.

Ans : SQP 2022

(a) I4, II-2, III-3, IV1.
Coordination : Smooth and efficient movement. (I4)
Reaction Time : Time taken to respond to a stimulus. (II-2)
Agility : Changing direction quickly. (III-3)
Balance : Maintaining balance during movement. (IV1)

58. Match the Following

	Column A		Column B
(I)	Static Stretching	3.	Bouncing movements to stretch muscles.
(II)	Dynamic Stretching	4.	Stretching with resistance and relaxation.
(III)	Ballistic Stretching	2.	Stretching while the body is at rest.
(IV)	PNF Stretching	1.	Stretching with controlled movement.

(a) I-2, II-1, III-3, IV-4.
(b) I-1, II-2, III-4, IV-3.
(c) I-3, II-1, III-2, IV-4.
(d) I-2, II-3, III-1, IV-4.

Ans : COMP 2007

(a) I-2, II-1, III-3, IV-4.
Static Stretching : Holding a stretch while at rest (I-2).
Dynamic Stretching : Controlled movements to stretch muscles. (III) :
Ballistic Stretching : Involves bouncing motions. (III-3)
PNF Stretching : Combines resistance and relaxation for flexibility. (IV-4)

59. Match the Following

	Column A		Column B
(I)	Isometric Exercise	1.	Muscle contracts and changes length.
(II)	Isotonic Exercise	3.	Muscle shortens during contraction.
(III)	Concentric Contraction	4.	Muscle lengthens while contracting.
(IV)	Eccentric Contraction	2.	Muscle contracts but doesn't change length.

(a) I-2, II-1, III-3, IV-4.
(b) I-3, II-2, III-4, IV1.
(c) I-1, II-3, III-2, IV-4.
(d) I-2, II-4, III-1, IV-3.

Ans : MAIN 2003

(a) I-2, II-1, III-3, IV-4.
Isometric Exercise : Muscle contracts without movement. (I-2)

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Isotonic Exercise : Muscle contracts and changes length. (II-1)
Concentric Contraction : Muscle shortens. (III-3)
Eccentric Contraction : Muscle lengthens under tension. (IV-4)

60. Match the Following

	Column A		Column B
(I)	Speed Training	2.	Improves cardiovascular and muscular stamina.
(II)	Endurance Training	1.	Improves ability to change direction quickly.
(III)	Agility Training	4.	Increases muscular power and force.
(IV)	Strength Training	3.	Focuses on reaction time and acceleration.

(a) I-3, II-2, III-1, IV-4.
(b) I-2, II-3, III-4, IV1.
(c) I-1, II-4, III-3, IV2.
(d) I4, II-1, III-2, IV-3.

Ans : SQP 2004

(a) I-3, II-2, III-1, IV-4.
Speed Training : Improves reaction time and acceleration. (I-3)
Endurance Training : Enhances stamina. (II-2)
Agility Training : Helps in quick directional changes. (III-1)
Strength Training : Develops muscle power and force. (IV-4)

61. Match the Following

	Column A		Column B
(I)	Cardiorespiratory Endurance	3.	Sustained performance of muscle groups.
(II)	Muscular Strength	1.	Efficient movement of muscles and joints.
(III)	Muscular Endurance	4.	Heart and lungs' ability to supply oxygen.
(IV)	Flexibility	2.	Ability of muscles to exert force.

(a) I4, II-2, III-3, IV1.
(b) I-3, II-4, III-1, IV2.
(c) I-1, II-3, III-2, IV-4.
(d) I-2, II-1, III-4, IV-3.

Ans : COMP 2009

(a) I4, II-2, III-3, IV1.
Cardiorespiratory Endurance : Oxygen supply efficiency. (I4)
Muscular Strength : Maximum force muscles can exert. (II-2)
Muscular Endurance : Ability to sustain contractions over time. (III-3)
Flexibility : Joint and muscle mobility. (IV1)

62. Match the Following

	Column A		Column B
(I)	Warm Up	1.	Decreases heart rate gradually.
(II)	Cool Down	4.	Develops explosive power and strength.
(III)	Static Stretching	2.	Prepares body for exercise.
(IV)	Plyometric Training	3.	Improves flexibility and muscle recovery.

(a) I-2, II-1, III-3, IV-4.
(b) I-3, II-2, III-1, IV-4.
(c) I-1, II-3, III-2, IV-4.
(d) I4, II-1, III-2, IV-3.

Ans : MAIN 2013

(a) I-2, II-1, III-3, IV-4.
WarmUp : Prepares body for activity. (I-2)
CoolDown : Helps body recover after exercise. (II-1)
Static Stretching : Enhances flexibility. (III-3)
Plyometric Training : Improves explosive power. (IV-4)

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PICTURE BASED QUESTIONS

63. Definition of Physical Education

What does this image best represent?
(a) Only fitness training
(b) Only playing games for fun
(c) Holistic development through structured physical activities
(d) Random outdoor activities

Ans : SQP 2016

(c) Holistic development through structured physical activities
Physical education involves structured activities that develop physical, mental, social and emotional aspects, not just playing for fun.

64. Importance of Physical Education

Which of the following is NOT a benefit of Physical Education?
(a) Improves physical, mental, and emotional health
(b) Helps in skill refinement and motor development
(c) Causes stress and anxiety
(d) Encourages a positive attitude towards fitness

Ans : MAIN 2010

(c) Causes stress and anxiety
Physical education helps reduce stress, promotes well-being, and enhances both physical and mental development.

65. Scope of Physical Education

Which of the following is NOT part of the scope of Physical Education?
(a) Developing motor skills
(b) Improving physical fitness
(c) Learning positive attitudes towards physical activity
(d) Avoiding teamwork and cooperation

Ans : COMP 2005

(d) Avoiding teamwork and cooperation
Physical education promotes teamwork, cooperation, and social interaction, not isolation.

66. Psychological Development in Physical Education

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How does Physical Education contribute to mental development?
(a) Helps make quick decisions and improves focus
(b) Makes individuals physically strong but mentally weak
(c) Promotes anger and emotional outbursts
(d) Has no impact on mental growth

Ans : MAIN 2016

(a) Helps make quick decisions and improves focus
Physical activities improve cognitive abilities, decision-making, focus, and alertness.

67. Emotional Development in Physical Education

Which emotional skill is developed through Physical Education?
(a) Uncontrolled anger
(b) Fear of failure
(c) Emotional balance and self-control
(d) Avoiding challenges

Ans : SQP 2002

(c) Emotional balance and self-control
Physical activities help individuals manage emotions like fear and anger, promoting emotional stability and sportsmanship.

TWO MARKS QUESTIONS

68. Define Physical Education.

Ans : MAIN 2024

Physical education is an integral and important part of the educational process, focusing on learning through playful activities. It aims to develop desirable behavior and attitudes, improve personality, and foster progress through games, sports, and exercises.

69. Explain briefly psychological development through Physical Education.

Ans : COMP 2021

Psychological development through physical education enhances critical thinking, decision making, and concentration skills. Activities promote alertness, precise movements, and mental efficiency, improving the ability to act wisely and skillfully in all situations of life.

70. Briefly explain Mental Development.

Ans : SQP 2023

Mental development involves the ability to think and solve problems effectively. Participation in physical activities provides knowledge about health, fitness, nutrition, and disease prevention, enabling better decision making and promoting overall mental efficiency.

71. Write down any two objectives of Physical Education.

Ans : COMP 2020

(i) To improve physical fitness and health.
(ii) To develop social traits such as teamwork and cooperation.

72. Is physical education necessary for a healthy body and mind?

Ans : MAIN 2022

Yes, physical education develops both body and mind. It promotes total personality development by enhancing physical, mental, social, and emotional growth. It leads to progress, wellness, and a balanced life.

73. Define Physical Education in simple terms.

Ans : COMP 2007

Physical Education is a structured program of physical activities designed to enhance physical fitness, motor skills, and overall wellbeing. It contributes to physical, mental, emotional, and social development through systematic exercises, sports, and recreational activities.

74. What is the primary aim of Physical Education?

Ans : SQP 2003

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The primary aim of Physical Education is to ensure optimum, all round, and wholesome development of an individual by integrating structured physical activities that enhance physical, mental, emotional and social wellbeing.

75. Mention two key objectives of Physical Education.

Ans : COMP 2004

(i) Physical Development : Enhances strength, endurance, agility, and fitness by improving the circulatory, muscular and nervous systems.

(ii) Social Development : Fosters teamwork, cooperation, tolerance and sportsmanship, helping individuals interact effectively in society.

76. According to H.C. Buck, how does Physical Education contribute to a person's growth?

Ans : SQP 2009

H.C. Buck defines Physical Education as part of general education that promotes physical, mental, emotional and moral growth through structured physical activities, helping in personality development.

77. How does Physical Education help in emotional development?

Ans : MAIN 2002

Physical Education helps manage fear, anger, and stress by fostering emotional balance, self discipline and resilience, ensuring better performance in daily life and sports.

78. What is the role of Physical Education in social development?

Ans : COMP 2017

It helps develope teamwork, cooperation, and sportsmanship while encouraging social interaction, respect and tolerance among individuals from diverse backgrounds.

79. State two benefits of Physical Education for psychological development.

Ans : SQP 2013

(i) Improves focus and decision making : Enhances cognitive skills and mental alertness.

(ii) Boosts confidence : Helps individuals handle pressure and develop a positive attitude.

80. What did the Central Advisory Board of Physical Education and Recreation say about Physical Education?

Ans : MAIN 2011

It stated that Physical Education ensures optimum growth through structured and recreational activities, contributing to physical, mental, emotional, and social wellbeing.

81. How does Physical Education improve physical development?

Ans : SQP 2016

It enhances muscular strength, endurance, flexibility, and cardiovascular health by engaging in exercises that improve the circulatory, digestive, nervous, and muscular systems.

82. How does Physical Education help in developing a positive attitude towards health and fitness?

Ans : MAIN 2014

By promoting regular physical activities, fitness habits, and knowledge of exercise benefits, it encourages individuals to lead a healthy lifestyle and maintain overall wellbeing.

83. What is the scope of Physical Education?

Ans : COMP 2008

The scope of Physical Education includes improving physical fitness, skill refinement, mental wellbeing, and fostering positive attitudes towards a healthy lifestyle. It ensures overall development by enhancing physical, mental, emotional, and social health.

84. According to Charles A. Bucher, what is the role of Physical Education?

Ans : SQP 2006

Charles A. Bucher stated that Physical Education develops individuals who are physically, mentally, emotionally, and socially fit through selected physical activities, ensuring holistic development.

85. How does Physical Education contribute to mental development?

Ans : MAIN 2001

Physical Education sharpens cognitive skills,enhances focus, alertness, and decision making abilities, and helps in developing problem solving skills through strategic activities.

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86. How does Physical Education influence an individual's personality?

Ans : COMP 2000

Physical Education helps in shaping an individual's overall personality by developing physical fitness, mental sharpness, emotional stability and social skills, leading to a balanced and productive life.

87. Name two experts who defined Physical Education and their definitions.

Ans : SQP 2005

(i) H.C. Buck : Physical Education is part of general education, focusing on growth through physical activities and influencing mental, emotional, and moral development.
(ii) J.B. Nash : It deals with physical activities and their effects on the body.

88. State two key benefits of Physical Education.

Ans : MAIN 2012

(i) Promotes good health and wellness : Encourages regular exercise for a balanced life.
(ii) Encourages teamwork and cooperation : Helps in social skill development and positive interactions.

89. How does Physical Education help in stress management?

Ans : SQP 2015

Physical Education reduces stress and anxiety by promoting physical activities, relaxation techniques, and emotional balance, leading to improved mental health and self confidence.

90. What is the aim of Physical Education according to the Central Advisory Board of Physical Education and Recreation?

Ans : COMP 2018

The board states that Physical Education leads to optimum growth through structured and recreational activities, contributing to overall wellbeing and personality development.

91. Mention two ways Physical Education helps in social development.

Ans : MAIN 2019

(i) Encourages teamwork and cooperation : Improves interaction and collaboration.
(ii) Develops tolerance and sportsmanship : Teaches fair play and respect for others.

92. What is the importance of Physical Education in daily life?

Ans : SQP 2010

Physical Education helps in maintaining fitness, managing stress, improving social interactions, and enhancing cognitive skills, leading to a healthier and more active lifestyle.

THREE MARKS QUESTIONS

93. Explain the meaning of physical education using various statements.

Ans : MAIN 2024

Physical education is the education that starts with physical development and progresses towards the perfect development of an individual. It aims for a strong and healthy body, mental alertness, and social and emotional balance.

Definitions :

H.C. Buck : Physical education is a part of the general education program that focuses on the growth and development of children through big muscle activities.

Charles A. Bucher : Physical education is an integral part of the total education process aimed at developing physically, mentally, emotionally, and socially fit individuals through selected physical activities.

94. Explain any three objectives of physical education in detail.

Ans : COMP 2021

(i) Physical Development : It enhances physical fitness by developing muscles, bones, and organ systems like the circulatory and nervous systems.
(ii) Social Development : Physical education instills teamwork, cooperation, and leadership skills through group activities and sports.
(iii) Emotional Development : It helps individuals manage emotions like anger, jealousy, and fear, promoting emotional stability and self control.

95. Define Physical Education and explain its key components.

Ans : SQP 2023

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Physical Education is a structured program of physical activities aimed at developing physical fitness, motor skills, and overall wellbeing.

Key components :

(i) Physical fitness : Enhancing strength, endurance, agility.
(ii) Skill development : Refining motor skills and coordination.
(iii) Holistic growth : Improving mental, emotional, and social health.

96. Explain the role of Physical Education in personality development.

Ans : COMP 2020

Physical Educations hapes an individual's personality by :

(i) Enhancing physical fitness : Strengthens muscles, improves agility and endurance.
(ii) Developing mental sharpness : Improves focus, decision making, and alertness.
(iii) Fostering emotional and social wellbeing : Encourages teamwork, discipline, and self confidence.

97. What is the aim of Physical Education, and how does it contribute to holistic development?

Ans : MAIN 2022

The aim of Physical Education is optimum, allround and wholesome development through structured physical activities. It contributes by:

(i) Improving physical fitness : Strength, endurance, flexibility.
(ii) Enhancing mental and emotional stability : Reduces stress, builds resilience.
(iii) Encouraging social development : Teaches teamwork, tolerance, and cooperation.

98. Describe the importance of Physical Education in daily life.

Ans : SQP 2007

Physical Education is crucial for :

(i) Maintaining health and fitness : Encourages regular exercise and balanced living.
(ii) Managing stress and emotional wellbeing : Enhances mood, reduces anxiety.
(iii) Developing social and teamwork skills : Improves cooperation, leadership and sportsmanship.

99. Explain how Physical Education contributes to emotional development.

Ans : MAIN 2003

Physical Education helps in :

(i) Managing emotions : Controls anger, fear and anxiety.
(ii) Building self confidence and discipline : Encourages self control and positive thinking.
(iii) Developing resilience : Teaches how to handle failure, pressure, and challenges.

100. How does Physical Education help in social development?

Ans : COMP 2004

Physical Education fosters :

(i) Teamwork and cooperation : Encourages working with others in group activities.
(ii) Tolerance and respect : Teaches fair play and respect for opponents.
(iii) Better communication skills : Promotes interaction across diverse backgrounds.

101. State and explain two major objectives of Physical Education.

Ans : SQP 2009

(i) Physical Development : Improves strength, agility, cardiovascular endurance, and flexibility, ensuring a healthier body.
(ii) Mental Development : Enhances focus, concentration, and decision making skills, leading to better cognitive abilities and academic performance.

102. According to Charles A. Bucher, what is the role of Physical Education?

Ans : MAIN 2002

Charles A. Bucher defines Physical Education as:

(i) Developing physically, mentally, emotionally, and socially fit individuals through structured activities.
(ii) Improving overall wellbeing by enhancing physical fitness and motor skills.
(iii) Promoting holistic personality development through sports and recreational activities.

103. What are the key aspects of the scope of Physical Education?

Ans : COMP 2017

The scope of Physical Education covers :

(i) Improvement of physical fitness : Developing endurance, strength, and flexibility.
(ii) Motor skill development : Enhancing coordination, agility, and reaction time.
(iii) Promotion of a healthy lifestyle : Encouraging

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lifelong fitness habits.

104. What is the contribution of the Central Advisory Board of Physical Education and Recreation?

Ans : SQP 2013

The board states that :

(i) Physical Education ensures optimum growth through structured activities.

(ii) It enhances mental and emotional wellbeing by reducing stress and improving focus.

(iii) Encourages participation in recreational activities for better fitness and social skills.

CASE BASED QUESTION

105. Rahul, a high school student, finds it difficult to maintain his overall fitness. His coach advises him to participate in structured physical activities like running, stretching, and strength training to enhance his fitness levels.

(i) Which scope of physical education is emphasized in this scenario?

(ii) Which objective of physical education is targeted through this training?

Ans : MAIN 2024

(i) Improving physical fitness and skill refinement.

(ii) Physical Development : It focuses on the improvement of health, fitness, and efficiency of body systems like circulatory, digestive, nervous, and muscular systems.

106. A group of students is involved in various physical activities like yoga, sports, and dance. Their teacher explains that these activities not only improve physical strength but also help in emotional balance and mental relaxation.

(i) Which importance of physical education is highlighted here?

(ii) Which objective of physical education is being fulfilled through these activities?

Ans : COMP 2021

(i) Develops total personality by improving physical, mental, social, and emotional aspects.

(ii) Emotional Development : It helps in managing emotions like stress, fear, and anxiety while promoting self control and relaxation.

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107. During a school seminar, a sports expert explains that physical education plays a crucial role in shaping an individual's personality, including physical, mental, emotional, and social aspects.

(i) Which expert's definition of physical education supports this statement?

(ii) Which aim of physical education is fulfilled through this perspective?

Ans : SQP 2020

(i) Charles A. Bucher : He defined physical education as the process of developing physically, mentally, emotionally, and socially fit individuals through selected physical activities.

(ii) Optimum, all round, and wholesome development of an individual.

108. An athlete is undergoing special training that focuses on improving muscle strength, body coordination, and endurance. The coach ensures that the training benefits the circulatory, digestive, and muscular systems.

(i) Which objective of physical education is being targeted in this training?

(ii) Which scope of physical education does this training fall under?

Ans : COMP 2007

(i) Physical Development : It improves overall body health and efficiency by enhancing body parts like muscles and bones.

(ii) Improving physical fitness and developing motor skills.

109. A school organizes weekly sports competitions to encourage teamwork, cooperation, and leadership skills among students. The event also promotes social interaction and positive attitudes toward fitness.

(i) Which objective of physical education is emphasized in this activity?

(ii) Which importance of physical education is reflected in this event?

Ans : MAIN 2019

(i) Social Development : It fosters teamwork, cooperation, tolerance, and sportsmanship.

(ii) Encourages positive attitudes towards exercise and fitness, enhancing human performance.

CHAPTER 3

BODY TYPES

SUMMARY

1. BODY TYPES

The classification of students is essential in physical education to effectively tailor activities and training programs based on physical, mental, and practical aspects. William Herbert Sheldon classified individuals into three body types:

1.1 Endomorph

Endomorphs have a rounded physique with shorter arms and legs. They tend to have a higher body fat percentage and underdeveloped muscles, making weight loss challenging. However, they have a high capacity for fat storage, which makes them prone to gaining weight quickly. Their body structure is generally soft with a thicker upper body, and they are more susceptible to becoming overweight if not careful with diet and exercise.

1.2 Mesomorph

Mesobasmorphs possess a naturally muscular and athletic physique with a well-balanced body composition. They typically have a larger chest and shoulders compared to the waist, giving them a strong and powerful appearance. This body type is advantageous as they gain muscle easily and perform well in physical activities. Mesomorphs have a rectangular body shape with thick bones and a naturally muscular build, making them ideal for various sports and fitness routines.

1.3 Ectomorph

Ectomorphs are characterized by a slim and elongated body with weak muscle development. They often struggle to gain weight or muscle mass due to a fast metabolism. Despite this, they excel in endurance-based activities due to their lean structure. Ectomorphs may appear taller than they actually are because of their lack of muscle bulk. While gaining muscle can be difficult, with the right training and nutrition, they can develop a well-toned physique.

2. TRAINING STRATEGIES FOR DIFFERENT BODY TYPES

2.1 Training For Ectomorphs

Ectomorphs should focus on compound movements such as bench presses, dead lifts, squats, and shoulder exercises to engage multiple muscle groups and promote muscle growth. Since they struggle with gaining weight, heavy compound lifts are essential for building muscle mass. Additionally, they should minimize excessive cardio to avoid burning too many calories, as their primary goal is to increase muscle size and strength. A calorie-rich diet with sufficient protein intake is also crucial to support muscle development.

2.2 Training For Endomorphs

For endomorphs, the primary focus should be on weight loss and fat reduction. High-Intensity Interval Training (HIIT) and Low-Intensity Steady-State Cardio (LISS) are effective methods to burn fat and improve cardiovascular health. Strength training combined with muscle hypertrophy exercises can help boost metabolism and promote lean muscle growth. Endomorphs should also maintain a caloric deficit by following a well-balanced diet with controlled portions to support weight loss while preserving muscle mass.

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2.3 Training For Mesomorphs

Mesomorphs benefit from a well-rounded training approach that includes both weight lifting and aerobic exercises. They have the advantage of being able to gain or lose weight easily, making them adaptable to various fitness routines. A mix of strength training and endurance exercises ensures overall fitness and muscle definition. Due to their naturally muscular build, mesomorphs can engage in diverse physical activities such as resistance training, functional workouts, and

cardiovascular exercises to enhance their physique and maintain optimal fitness levels.

3. NUTRITIONAL REQUIREMENTS FOR DIFFERENT BODY TYPES

1. **Ectomorphs :** People with the ectomorph body type can consume more carbohydrates than endomorphs and mesomorphs. However, this does not mean they can eat anything without affecting their body. They should focus on complex carbohydrates, such as brown rice and brown bread, to feel fuller for longer and to push protein to muscles for growth.
2. **Endomorphs :** Endomorphs require a stricter eating plan compared to other body types. Unlike ectomorphs, they need to consume fewer carbohydrates and increase their protein intake. Simple carbohydrates like white bread should be avoided, and complex carbohydrates should be prioritized.
3. **Mesomorphs :** The eating plan for mesomorphs should include equal amounts of protein and fat, with a moderate amount of carbohydrates. They should focus on complex carbohydrates to provide sustainable energy and maintain a healthy balance.

MULTIPLE CHOICE QUESTION

1. Which body type has a high metabolic rate?
(a) Mesomorph
(b) Endomorph
(c) Ectomorph
(d) Obese

Ans : MAIN 2024

(c) Ectomorph
Ectomorphs are generally thyroid dominant, meaning they have a higher basal metabolic rate (BMR). BMR indicates the amount of energy burned at rest.

2. Love of food and comfort is a psychological characteristic of which body type?
(a) Endomorph
(b) Mesomorph
(c) Ectomorph
(d) Hard Gainer

Ans : COMP 2021

(b) Mesomorph
Mesomorphs are characterized by broad shoulders, large heads, narrow waists, and a muscular chest, arms, and legs. They value food and comfort.

3. Ectomorph body usually refers to:
(a) Rounded physique
(b) Balanced body
(c) Lean body
(d) Muscular body

Ans : SQP 2023

(c) Lean body
Ectomorphs are thin, lanky, and have lean builds. They often struggle to gain weight despite eating large amounts of food. They have long limbs and small muscles.

4. Which physical trait is associated with an Endomorph?
(a) Little body fat percentage
(b) Narrow waist
(c) Soft and round-shaped body
(d) Long arms and legs

Ans : COMP 2020

(c) Soft and round-shaped body
Endomorphs have a round, soft body, a large abdomen, and relatively short arms and legs. They also have fat upper arms and thighs with slender wrists and ankles.

5. Which body type has a rounded physique, higher fat percentage, and shorter limbs?
(a) Mesomorph
(b) Ectomorph
(c) Endomorph
(d) None of the above

Ans : SQP 2022

(c) Endomorph
Endomorphs have a soft, round body, shorter arms and legs, and a high body fat percentage. They store fat easily and struggle with weight loss if they don't maintain a proper diet and exercise routine. Their body structure makes them more prone to obesity compared to other body types.

6. What defines a mesomorph's physique?
(a) Naturally muscular and athletic
(b) High fat percentage with soft muscles
(c) Weak muscle structure and difficulty in weight gain
(d) Thin and elongated frame

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Ans : MAIN 2007

(a) Naturally muscular and athletic
Mesomorphs have a strong, well-defined, muscular build with broad shoulders and a narrow waist. They gain muscle quickly and are naturally athletic. Their body structure allows them to excel in strength-based activities and various sports, making them the most adaptable body type in terms of fitness training.

7. Why do ectomorphs struggle to gain weight?
(a) They have a low metabolism
(b) They have a fast metabolism
(c) Their body prevents muscle growth
(d) They consume too much fat

Ans : COMP 2003

(b) They have a fast metabolism
Ectomorphs have a high metabolic rate, meaning they burn calories quickly, making it difficult to gain weight or muscle. Their lean frame and lack of fat storage allow them to excel in endurance activities, but they require a high-calorie, protein-rich diet to support muscle growth.

8. Which workout is best for ectomorphs?
(a) High-intensity cardio
(b) Heavy compound lifts
(c) Only body weight exercises
(d) Endurance training

Ans : SQP 2004

(b) Heavy compound lifts
Ectomorphs need strength training with compound movements like squats, dead lifts, and bench presses to build muscle. They should avoid excessive cardio, which burns calories rapidly, making muscle gain harder. A calorie-rich diet with sufficient protein is essential for muscle development and strength improvement.

9. What should endomorphs prioritize in training?
(a) Gaining weight and muscle mass
(b) Fat loss and weight management
(c) Avoiding exercise
(d) Only strength training

Ans : MAIN 2009

(b) Fat loss and weight management
Endomorphs tend to gain weight easily due to higher fat storage capacity. Their training should focus on fat loss through High-Intensity Interval Training (HIIT) and Low-Intensity Steady-State Cardio (LISS). Strength training helps boost metabolism and prevents muscle loss while dieting to maintain a leaner physique.

10. What exercise is most effective for endomorphs to burn fat?
(a) Strength training only
(b) High-intensity and steady-state cardio
(c) No exercise, only diet control
(d) Long-distance running

Ans : COMP 2002

(b) High-intensity and steady-state cardio
Endomorphs need a combination of HIIT and LISS to burn excess fat and improve cardiovascular health. Strength training helps increase metabolism and muscle definition. A proper diet with controlled portions and reduced carbohydrate intake further supports fat loss while maintaining lean muscle mass.

11. Why should endomorphs limit carbohydrate intake?
(a) They do not require carbohydrates
(b) They need more fat for energy
(c) Carbohydrates contribute to weight gain
(d) Their metabolism processes carbs faster

Ans : SQP 2011

(c) Carbohydrates contribute to weight gain
Endomorphs tend to store excess carbohydrates as fat due to their slower metabolism. Reducing carbohydrate intake, especially simple carbs like white bread, and focusing on protein and healthy fats helps in weight management. A well-balanced diet with controlled portions supports fat loss and muscle retention.

12. What is the ideal macronutrient balance for mesomorphs?
(a) High protein, no fat
(b) High fat, low protein
(c) Equal protein and fat with moderate carbohydrates
(d) Only carbohydrates for energy

Ans : COMP 2016

(c) Equal protein and fat with moderate carbohydrates
Mesomorphs require a balanced diet with adequate protein for muscle maintenance, moderate carbohydrates for energy, and healthy fats for overall well-being. They should focus on complex carbohydrates for sustained energy and avoid excessive simple sugars to maintain an optimal body composition and performance level.

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13. What fitness advantage do mesomorphs have?
(a) Easy weight and muscle gain
(b) Struggles in muscle building
(c) Only requires endurance training
(d) Slow metabolism

Ans : SQP 2017

(a) Easy weight and muscle gain
Mesomorphs have a naturally athletic physique and gain muscle easily with resistance training. They adapt well to different workout styles, making them ideal for various sports. Their ability to lose or gain weight with slight adjustments in diet and exercise gives them a fitness advantage over other body types.

14. Which macronutrient is crucial for ectomorphs?
(a) Fats
(b) Simple carbohydrates
(c) Protein
(d) Fiber only

Ans : MAIN 2013

(c) Protein
Since ectomorphs struggle with muscle gain, a high-protein diet is essential for muscle recovery and growth. They should consume calorie-dense meals with complex carbohydrates, healthy fats, and sufficient protein to support muscle building and prevent excessive calorie loss due to their fast metabolism.

15. Which body type is naturally lean and struggles to gain weight?
(a) Mesomorph
(b) Endomorph
(c) Ectomorph
(d) None of the above

Ans : MAIN 2014

(c) Ectomorph
Ectomorphs have a slim, elongated body with weak muscle development and struggle to gain weight due to their fast metabolism. They require a high-calorie diet with sufficient protein intake and strength training to build muscle mass while avoiding excessive cardio to prevent unnecessary calorie loss.

16. What body type has a naturally muscular and well-proportioned physique?
(a) Ectomorph
(b) Endomorph
(c) Mesomorph
(d) None of the above

Ans : COMP 2008

(c) Mesomorph
Mesomorphs are naturally strong and muscular with a balanced bone structure. They excel in strength and power-based activities and can easily gain muscle. This body type is well-suited for various sports, including weight lifting and functional fitness, as they respond well to both resistance and endurance training.

17. Which body type is most likely to gain fat quickly?
(a) Mesomorph
(b) Ectomorph
(c) Endomorph
(d) None of the above

Ans : SQP 2006

(c) Endomorph
Endomorphs store fat easily due to their slower metabolism and high fat retention capacity. They require a disciplined diet and an active lifestyle to prevent excessive weight gain. Incorporating high-intensity workouts and a balanced diet helps them maintain a healthy body composition and prevent obesity-related health issues.

18. What is the most effective training method for endomorphs?
(a) Strength training only
(b) High-Intensity Interval Training (HIIT) and cardio
(c) No exercise, only dieting
(d) Endurance running only

Ans : MAIN 2001

(b) High-Intensity Interval Training (HIIT) and cardio
Endomorphs benefit from a mix of HIIT and low-intensity cardio to maximize fat burn while preserving lean muscle mass. Strength training further helps in boosting metabolism. A well-controlled diet ensures they stay in a caloric deficit, preventing weight gain and promoting a leaner physique.

19. Why should ectomorphs avoid excessive cardio?
(a) They are already lean
(b) It slows down metabolism
(c) It prevents muscle gain by burning too many calories
(d) They have strong cardiovascular health

Ans : COMP 2000

(c) It prevents muscle gain by burning too many calories

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Since ectomorphs struggle to gain weight and muscle, excessive cardio further accelerates calorie loss, making muscle-building difficult. They should prioritize heavy strength training with compound movements and consume a high-calorie diet rich in proteins and healthy fats to support muscle growth and weight gain.

20. What is the main nutritional focus for mesomorphs?
(a) High fat intake
(b) Equal protein and fat with moderate carbohydrates
(c) Low protein diet
(d) High sugar consumption

Ans : SQP 2005

(b) Equal protein and fat with moderate carbohydrates
Mesomorphs require a well-balanced diet with sufficient protein to maintain muscle mass, moderate carbohydrates for energy and healthy fats for overall body function. Complex carbohydrates should be prioritized over simple sugars to maintain a stable energy level and prevent unnecessary fat accumulation.

21. Which training style suits mesomorphs best?
(a) Only endurance workouts
(b) Combination of strength training and cardiovascular exercises
(c) No exercise, just a good diet
(d) Only weight lifting

Ans : MAIN 2012

(b) Combination of strength training and cardiovascular exercises
Mesomorphs respond well to both strength training and cardio due to their naturally muscular and adaptable physique. A mix of weight lifting for muscle definition and endurance workouts for cardiovascular health ensures they maintain an athletic and fit body while preventing unnecessary fat accumulation.

22. Why should endomorphs reduce simple carbohydrates?
(a) Simple carbs provide excessive energy
(b) They can cause rapid weight gain
(c) Simple carbs increase metabolism
(d) Simple carbs make muscle building difficult

Ans : COMP 2015

(b) They can cause rapid weight gain
Endomorphs are prone to gaining fat quickly, and simple carbohydrates like white bread and sugary foods lead to rapid blood sugar spikes and fat storage. Replacing them with complex carbohydrates such as whole grains and fiber-rich foods helps maintain stable energy levels and prevents unnecessary weight gain.

23. What is the best dietary approach for ectomorphs?
(a) High protein and calorie-rich diet
(b) Low-calorie diet
(c) High fat, low protein diet
(d) Only carbohydrates

Ans : SQP 2018

(a) High protein and calorie-rich diet
Since ectomorphs struggle with muscle gain and weight gain, they should consume a high-calorie diet rich in protein to support muscle growth. Healthy fats and complex carbohydrates also provide sustained energy, ensuring their body has enough fuel to grow and develop muscle mass effectively.

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24. What body type excels in endurance-based activities?
(a) Endomorph
(b) Mesomorph
(c) Ectomorph
(d) None of the above

Ans : MAIN 2019

(c) Ectomorph
Due to their lean and light body structure, ectomorphs perform well in endurance sports like long-distance running and cycling. Their fast metabolism and low fat percentage allow them to sustain prolonged physical activity without excessive fatigue, making them ideal for stamina-based sports.

25. What happens if mesomorphs do not maintain an active lifestyle?
(a) They remain muscular regardless
(b) They gain fat easily
(c) They lose all their muscle
(d) They become underweight

Ans : COMP 2010

(b) They gain fat easily
Although mesomorphs build muscle easily, they can also gain fat if they do not maintain an active lifestyle. A proper balance of exercise, including both strength training and cardio, ensures they stay lean and fit while preventing unnecessary fat accumulation.

26. What is a defining characteristic of endomorphs?
(a) Low body fat percentage
(b) Large bone structure and high-fat retention
(c) Easily gain muscle with low effort
(d) Fast metabolism

Ans : MAIN 2022

(b) Large bone structure and high-fat retention
Endomorphs have a broader bone structure and store fat more easily than other body types. Without a disciplined approach to exercise and diet, they are prone to obesity. However, they can build strength effectively through proper resistance training and metabolic workouts.

27. What is the best way for ectomorphs to gain muscle?
(a) High-volume endurance training
(b) Heavy weight lifting and calorie surplus diet
(c) Avoiding weight training
(d) Low-calorie diet

Ans : COMP 2020

(b) Heavy weight lifting and calorie surplus diet
Since ectomorphs struggle to gain muscle, they should focus on heavy strength training with compound movements and consume a high-calorie diet rich in protein. They should avoid excessive cardio and prioritize nutrient-dense meals to support muscle recovery and growth.

28. Which macronutrient should endomorphs prioritize?
(a) High carbohydrates
(b) High sugar intake
(c) Protein and fiber
(d) No protein intake

Ans : SQP 2023

(c) Protein and fiber
Endomorphs should consume high-protein foods to support muscle retention and metabolism while increasing fiber intake to promote satiety and digestive health. Reducing simple carbohydrates and unhealthy fats helps them maintain an optimal weight while staying energetic and active.

29. Which body type is naturally lean with weak muscle development?
(a) Mesomorph
(b) Ectomorph
(c) Endomorph
(d) None of the above

Ans : MAIN 2021

(b) Ectomorph
Ectomorphs have a slender body structure, fast metabolism, and difficulty gaining weight or muscle. They need a high-calorie diet with sufficient protein and heavy weight training to build muscle mass. Unlike mesomorphs, they do not naturally develop a muscular physique without focused training and nutrition.

30. What is the primary goal for endomorphs in fitness training?
(a) Muscle gain
(b) Fat loss and weight management
(c) Avoiding physical activity
(d) Gaining weight quickly

Ans : SQP 2024

(b) Fat loss and weight management
Endomorphs store fat easily, making weight loss a priority. A combination of strength training and cardio exercises like HIIT and LISS helps them burn fat while maintaining lean muscle. A controlled diet with fewer carbohydrates and more protein is essential for their body type to prevent excessive fat gain.

31. Which body type is best suited for muscle-building with minimal effort?
(a) Mesomorph
(b) Ectomorph
(c) Endomorph
(d) None of the above

Ans : COMP 2008

(a) Mesomorph
Mesomorphs naturally build muscle with minimal effort compared to ectomorphs and endomorphs. They have a balanced bone structure, broad shoulders, and a muscular physique, making them ideal for various sports and strength training. A proper diet and exercise routine help them maintain muscle definition and overall fitness.

32. What type of carbohydrates should endomorphs prioritize?
(a) Simple carbohydrates like white bread
(b) Processed sugar-based foods
(c) Complex carbohydrates like whole grains
(d) No carbohydrates at all

Ans : MAIN 2001

(c) Complex carbohydrates like whole grains
Endomorphs should avoid simple carbohydrates, which cause rapid weight gain, and instead focus on complex carbohydrates such as brown rice,

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whole wheat, and fiber-rich foods. These provide long-lasting energy, prevent fat accumulation, and help maintain stable blood sugar levels, reducing cravings and excessive calorie consumption.

33. Which workout should ectomorphs prioritize for muscle growth?
(a) High-rep endurance training
(b) Light body weight exercises
(c) Heavy compound weight lifting
(d) Only cardiovascular training

Ans : COMP 2005

(c) Heavy compound weight lifting
Ectomorphs should focus on heavy, low-rep compound exercises like dead lifts, squats, and bench presses to build muscle efficiently. These movements engage multiple muscle groups and stimulate growth. They should also avoid excessive cardio, as it burns extra calories, making it even harder to gain weight.

34. What is the ideal macronutrient balance for ectomorphs?
(a) High protein, high carbohydrates, moderate fat
(b) Low carbohydrates, high protein, no fat
(c) High sugar, low protein, high fat
(d) No protein, only carbohydrates

Ans : SQP 2011

(a) High protein, high carbohydrates, moderate fat
Since ectomorphs have a fast metabolism, they need a high-calorie diet with sufficient protein for muscle growth, carbohydrates for energy, and moderate fats for overall health. Complex carbohydrates help sustain energy levels, while proteins aid in muscle repair and development.

35. Why do mesomorphs gain or lose weight easily?
(a) Their metabolism adapts quickly
(b) They have a slow metabolism
(c) They do not require training
(d) They lack muscle-building potential

Ans : COMP 2014

(a) Their metabolism adapts quickly
Mesomorphs have a naturally adaptable metabolism that allows them to gain muscle or lose fat depending on their training and diet. They respond well to exercise, making them versatile in fitness. However, without proper activity, they can easily gain fat, requiring consistent training to maintain their physique.

36. What kind of diet should mesomorphs follow?
(a) High sugar, low protein
(b) Equal balance of protein, fat, and moderate carbohydrates
(c) No fat, only protein
(d) Low-calorie starvation diet

Ans : MAIN 2017

(b) Equal balance of protein, fat, and moderate carbohydrates
Mesomorphs should follow a well-balanced diet consisting of protein for muscle maintenance, healthy fats for overall body function, and moderate carbohydrates for sustained energy. Complex carbohydrates provide stable energy levels, while protein helps in muscle recovery and strength maintenance.

37. Which body type has the most difficulty in losing weight?
(a) Mesomorph
(b) Ectomorph
(c) Endomorph
(d) None of the above

Ans : COMP 2007

(c) Endomorph
Endomorphs have a naturally high body fat percentage and a slower metabolism, making weight loss challenging. They must follow a structured exercise plan with a focus on cardiovascular workouts and strength training to boost metabolism while maintaining a calorie-controlled diet for effective fat loss.

38. _____ have a rounded physique with a higher body fat percentage and struggle with weight loss.
(a) Ectomorphs
(b) Mesomorphs
(c) Endomorphs
(d) None of the above

Ans : MAIN 2004

(c) Endomorphs
Endomorphs have a soft, rounded body structure and a higher fat percentage compared to other body types. They tend to store fat easily and find it difficult to lose weight without strict diet and exercise control. Their metabolism is naturally slow, requiring them to focus on caloric management and high-intensity workouts.

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39. What is the primary reason ectomorphs appear taller than they actually are?
(a) Their low body fat percentage
(b) Their wide bone structure
(c) Their high muscle mass
(d) Their naturally shorter legs

Ans : SQP 2003

(a) Their low body fat percentage
Ectomorphs have a lean, elongated body with little muscle mass and low fat, making them appear taller. Their slim frame and narrow bone structure give an illusion of height, even if their actual height is average. Proper strength training can help them add muscle definition.

40. Ectomorphs struggle to gain weight due to their _____.
(a) Slow metabolism
(b) High-fat storage
(c) Fast metabolism
(d) Lack of physical activity

Ans : COMP 2009

(c) Fast metabolism
Ectomorphs have a high metabolic rate, which causes them to burn calories quickly. This makes it difficult for them to gain weight and build muscle, even if they consume more calories. To counteract this, ectomorphs need a high-calorie, protein-rich diet combined with heavy strength training and minimal cardio.

41. Mesomorphs are naturally muscular and have a well-balanced body composition with _____ shoulders compared to their waist.
(a) Smaller
(b) Equal-sized
(c) Broader
(d) Rounded

Ans : SQP 2002

(c) Broader
Mesomorphs have a naturally athletic physique, characterized by broad shoulders and a narrower waist. Their muscle-to-fat ratio is naturally higher, making it easier for them to build muscle and stay fit with regular training. Their body structure allows them to excel in strength-based activities and sports.

42. The best training strategy for ectomorphs includes _____ to promote muscle growth.
(a) High-rep endurance exercises
(b) Heavy compound movements
(c) Excessive cardio
(d) Only body weight exercises

Ans : MAIN 2012

(b) Heavy compound movements
Since ectomorphs struggle to gain muscle, they need to prioritize heavy compound lifts like squats, dead lifts, and bench presses. These exercises engage multiple muscle groups, promoting better muscle development. Avoiding excessive cardio and following a calorie-rich diet helps ectomorphs gain size and strength efficiently.

43. Endomorphs should focus on _____ to lose fat and improve cardiovascular health.
(a) Low-intensity steady-state cardio (LISS) and HIIT
(b) Only weight lifting
(c) Eating more simple carbohydrates
(d) Avoiding exercise altogether

Ans : COMP 2015

(a) Low-intensity steady-state cardio (LISS) and HIIT
Endomorphs have a high tendency to store fat, making fat-burning workouts essential. HIIT (High-Intensity Interval Training) andLISS (Low-Intensity Steady-State Cardio) help them burn excess fat effectively while preserving muscle. Strength training also helps to boost metabolism and improve overall body composition.

44. _____ is the most suitable diet for an ectomorph trying to gain muscle.
(a) Low-protein, high-carb diet
(b) High-calorie, protein-rich diet
(c) Low-fat, low-protein diet
(d) Only simple carbohydrates

Ans : SQP 2018

(b) High-calorie, protein-rich diet
Since ectomorphs burn calories rapidly, they need a caloric surplus to gain weight and muscle. A high-protein diet supports muscle growth, while healthy fats and complex carbohydrates provide long-lasting energy. Without adequate calorie intake, ectomorphs struggle to build and maintain muscle mass.

45. The primary goal for an endomorph's training should be _____.
(a) Gaining as much weight as possible
(b) Reducing fat and improving metabolism
(c) Avoiding physical activity
(d) Only lifting heavy weights

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Ans : MAIN 2019

(b) Reducing fat and improving metabolism
Endomorphs store fat easily due to a slow metabolism, so their main goal should be to lose fat while preserving muscle mass. High-intensity workouts, such as HIIT and LISS, help burn excess calories, while strength training boosts metabolism and prevents muscle loss during fat loss phases.

46. Mesomorphs should follow a diet consisting of _____.
(a) Only carbohydrates
(b) Equal amounts of protein and fat with moderate carbohydrates
(c) High sugar and low protein intake
(d) No fat and high protein only

Ans : COMP 2010

(b) Equal amounts of protein and fat with moderate carbohydrates
Mesomorphs have a balanced metabolism and gain muscle easily, so they should maintain a balanced intake of protein, fats, and carbohydrates. Protein supports muscle growth,healthy fats regulate hormones, and moderate carbohydrates provide sustained energy without leading to excessive fat storage.

47. _____ is the most effective exercise method for endomorphs to lose weight.
(a) Sprinting only
(b) Low-intensity cardio combined with strength training
(c) Only body weight exercises
(d) Avoiding exercise and focusing on diet alone

Ans : SQP 2023

(b) Low-intensity cardio combined with strength training
Endomorphs should combine low-intensity steady-state (LISS) cardio with strength training to burn fat while preserving muscle. Strength training helps increase metabolism, while LISS and HIIT aid in fat loss. A consistent workout routine is essential for endomorphs to prevent excessive fat accumulation.

48. _____ is the main reason why mesomorphs are considered the most athletic body type.
(a) Naturally high fat percentage
(b) Balanced metabolism and muscular structure
(c) Weak muscle development
(d) Difficulty in gaining weight

Ans : MAIN 2021

(b) Balanced metabolism and muscular structure
Mesomorphs have a naturally muscular build and a balanced metabolism, allowing them to gain muscle easily and lose fat efficiently. This makes them ideal for strength-based activities and endurance sports. Their ability to adapt to different fitness routines makes them the most athletic and versatile body type.

ASSERTION AND REASON

49. **Assertion (A) :** Endomorphs tend to gain weight easily.
Reason (R) : Endomorphs have a slow metabolism and store fat quickly.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2024

(a) Both A and R are true, and R is the correct explanation of A.
Endomorphs are characterized by a higher body fat percentage and a naturally slow metabolism, making them prone to weight gain. Their bodies are designed for fat storage, which can be beneficial in endurance-based survival situations but poses a challenge in modern sedentary lifestyles. Because of this, endomorphs need to focus on fat-burning exercises like HIIT and low-carb, high-protein diets to maintain a leaner physique. Without a structured exercise and diet plan, they tend to store excess calories as fat, making weight loss more difficult compared to mesomorphs and ectomorphs.

50. **Assertion (A) :** Ectomorphs struggle to gain muscle.
Reason (R) : Ectomorphs have a fast metabolism, which burns calories quickly.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

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Ans : SQP 2021

(a) Both A and R are true, and R is the correct explanation of A.
Ectomorphs are naturally thin, with a fast metabolism that makes weight gain difficult. While this metabolism helps them stay lean, it also means they burn calories at a higher rate, making it harder to accumulate the excess energy needed for muscle growth. To counteract this, ectomorphs should focus on high-calorie, protein-rich diets and heavy strength training with minimal cardio to promote muscle hypertrophy. Their bodies require more calories than they expend to build muscle, which is why caloric surplus is necessary for them to see significant gains in muscle mass and strength.

51. **Assertion (A) :** Mesomorphs can easily gain or lose weight.
Reason (R) : Mesomorphs have a well-balanced metabolism and muscular body structure.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2023

(a) Both A and R are true, and R is the correct explanation of A.
Mesomorphs have an ideal body type for fitness because they have a naturally athletic build and a balanced metabolism that allows them to gain or lose weight easily. This flexibility makes it easier for them to adapt to different training styles, whether they aim to bulk up or lean down. Unlike endomorphs, they do not gain fat as easily, and unlike ectomorphs, they do not struggle to gain muscle. This means mesomorphs respond well to both weight training and cardio while maintaining a well-balanced diet to support their muscular build and optimal body composition.

52. **Assertion (A) :** HIIT is an effective workout for endomorphs.
Reason (R) : HIIT increases fat burning and boosts metabolism.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2020

(a) Both A and R are true, and R is the correct explanation of A.
High-Intensity Interval Training (HIIT) is one of the most effective methods for fat loss and improving metabolic rate, making it ideal for endomorphs. Since endomorphs have a higher tendency to store fat, HIIT helps burn more calories in a shorter time by increasing post-exercise oxygen consumption (EPOC), which keeps the metabolism elevated for hours after the workout. Additionally, HIIT helps endomorphs retain muscle mass while shedding excess fat, unlike long-duration cardio, which can lead to muscle loss. Regular HIIT workouts, combined with a controlled diet, significantly help in weight management for endomorphs.

53. **Assertion (A) :** Ectomorphs should avoid excessive cardio.
Reason (R) : Excessive cardio can lead to muscle loss due to increased calorie expenditure.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2007

(a) Both A and R are true, and R is the correct explanation of A.
Ectomorphs naturally have a high metabolism, meaning they burn calories at a faster rate than other body types. If they perform excessive cardio, they risk burning not only fat but also muscle mass, which makes it even harder for them to gain weight and build muscle. Strength training with heavy weights and lower repetitions, combined with a high-calorie diet rich in protein, is a better strategy for ectomorphs. While some cardio is beneficial for cardiovascular health, excessive endurance training should be avoided if the goal is to increase muscle mass and body weight.

54. **Assertion (A) :** Endomorphs should limit carbohydrate intake in their diet.
Reason (R) : Carbohydrates contribute to weight gain, making fat loss difficult for endomorphs.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

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Ans : COMP 2003

(a) Both A and R are true, and R is the correct explanation of A.
Endomorphs tend to store excess carbohydrates as fat due to their slow metabolism. This means that a high-carb diet can lead to weight gain if not carefully monitored. By reducing simple carbohydrates (like white bread and sugar) and consuming more complex carbohydrates (such as brown rice and whole grains), endomorphs can maintain stable energy levels without excessive fat storage. Additionally, focusing on a high-protein, fiber-rich diet helps them stay fuller for longer and supports muscle retention while losing fat. A controlled carbohydrate intake, along with regular exercise, is key for endomorphs to manage their weight effectively.

55. **Assertion (A) :** Mesomorphs should follow a diet that includes equal amounts of protein and fat, with moderate carbohydrates.
Reason (R) : Mesomorphs require a balanced diet to support their naturally muscular build.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2022

(a) Both A and R are true, and R is the correct explanation of A.
Mesomorphs build muscle easily due to their genetics, but their diet plays a crucial role in maintaining their muscle-to-fat ratio. Since they have a balanced metabolism, their macronutrient distribution should be well-proportioned to fuel muscle growth while preventing fat accumulation. A diet with equal protein and fat, along with moderate carbohydrates, ensures that mesomorphs get enough nutrients for muscle recovery, hormone regulation, and sustained energy levels. Unlike ectomorphs, they do not need excessive calories, and unlike endomorphs, they do not need to restrict carbohydrates severely.

56. **Assertion (A) :** Ectomorphs require a high-calorie diet to gain weight.
Reason (R) : Ectomorphs have a fast metabolism, which burns calories quickly.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2004

(a) Both A and R are true, and R is the correct explanation of A.
Ectomorphs struggle to gain weight and muscle because of their fast metabolism, which burns calories at a rapid rate. To counter this, they need to consume a high-calorie, protein-rich diet that provides sufficient energy for muscle growth and recovery. Unlike endomorphs, ectomorphs benefit from higher carbohydrate intake to fuel their workouts and replenish energy stores. Their diet should include healthy fats, lean proteins, and complex carbohydrates to ensure consistent weight gain. Strength training with progressive overload is also essential to help stimulate muscle growth and prevent excessive calorie loss through unnecessary cardio.

57. **Assertion (A) :** HIIT is more effective for fat loss than steady-state cardio.
Reason (R) : HIIT workouts increase calorie burn even after exercise through excess post-exercise oxygen consumption (EPOC).
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2002

(a) Both A and R are true, and R is the correct explanation of A.
High-Intensity Interval Training (HIIT) is one of the most efficient workout methods for fat loss. Unlike steady-state cardio (like jogging), HIIT increases post-exercise oxygen consumption (EPOC), which means the body continues toburn calories even after the workout ends. This after burn effect makes HIIT highly effective for enduring fat loss and muscle retention. Additionally, HIIT workouts are shorter yet more intense, making them suitable for people who want fast results without spending hours exercising. The combination of high-intensity bursts and short recovery periods makes HIIT an ideal fat-burning workout for all body types, especially endomorphs.

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58. **Assertion (A) :** Mesomorphs can maintain an athletic build with minimal effort.
Reason (R) : Mesomorphs have a naturally muscular body and a balanced metabolism.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2009

(a) Both A and R are true, and R is the correct explanation of A.
Mesomorphs are genetically predisposed to having a muscular and athletic build without needing excessive effort. Their balanced metabolism allows them to gain muscle easily while also being able to lose fat quickly when needed. This makes them highly adaptable to various workout routines. However, even though mesomorphs have a natural advantage, they still need regular training and proper nutrition to maintain their physique. Without consistent exercise and a balanced diet, they can gain excess fat, especially if their activity levels drop. Strength training, mixed workouts, and a nutritious diet help them stay fit year-round.

59. **Assertion (A) :** Strength training is essential for endomorphs.
Reason (R) : Strength training helps increase metabolism and prevents excessive fat storage.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2017

(a) Both A and R are true, and R is the correct explanation of A.
Since endomorphs are prone to fat gain, incorporating strength training into their fitness routine is essential to boost metabolism and increase muscle mass. Muscle tissue burns more calories than fat, meaning higher muscle mass leads to an improved resting metabolic rate (RMR). Strength training also helps prevent excess fat accumulation, which is a common challenge for endomorphs. Compound movements like squats, dead lifts, and bench presses are particularly effective in building muscle while reducing fat stores. Combining strength training with HIIT and a protein-rich diet ensures optimal fitness and body composition for endomorphs.

60. **Assertion (A) :** Ectomorphs should focus on compound movements for muscle growth.
Reason (R) : Compound exercises engage multiple muscle groups and promote overall muscle development.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2014

(a) Both A and R are true, and R is the correct explanation of A.
Since ectomorphs have difficulty building muscle, they need to maximize muscle stimulation through compound exercises like squats, dead lifts, bench presses, and pull-ups. These exercises engage multiple muscle groups simultaneously, leading to greater muscle activation and overall growth. Unlike isolation exercises (which target a single muscle), compound movements help increase muscle mass and strength efficiently. Additionally,lifting heavier weights with lower repetitions allows ectomorphs to gain size and strength without excessive calorie burn. Pairing compound exercises with a high-protein, calorie-dense diet ensures that ectomorphs build and maintain muscle effectively over time.

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MACHING TYPE QUESTIONS

61. Match the following body types with their metabolic characteristics:

Column I (Body Type)		Column II (Metabolism)	
(I)	Endomorph	1.	Fast metabolism, struggles to gain weight
(II)	Mesomorph	2.	Balanced metabolism, gains and loses weight easily
(III)	Ectomorph	3.	Slow metabolism, prone to fat storage

Ans : MAIN 2024

I-3, II-2, III-1
Endomorphs have a slow metabolism, making weight loss difficult (I-3).
Mesomorphs have a moderate metabolism, allowing them to gain or lose weight easily (II-2).
Ectomorphs have a fast metabolism, which makes weight gain difficult but allows them to stay lean (III-1).

62. Match the following training goals with the recommended exercise types:

Column I (Training Goal)		Column II (Exercise Type)	
(I)	Fat loss	1.	Strength training
(II)	Muscle gain	2.	High-Intensity Interval Training (HIIT)
(III)	Endurance improvement	3.	Long-distance running

(a) I-1, II-2, III-3
(b) I-2, II-1, III-3
(c) I-3, II-1, III-2
(d) I-2, II-3, III-1

Ans : COMP 2021

(b) I-2, II-1, III-3
Fat loss is best achieved with HIIT, which burns calories effectively (I-2).
Muscle gain requires strength training to build and maintain muscle mass (II-1).
Endurance improvement is achieved with long-distance running, which enhances stamina (III-3).

63. Match the following training programs with their recommended body types:

Column I (Training Program)		Column II (Best for)	
(I)	HIIT	1.	Endomorph
(II)	Heavy Strength Training	2.	Ectomorph
(III)	Mixed Strength & Cardio	3.	Mesomorph

(a) I-1, II-2, III-3
(b) I-2, II-3, III-1
(c) I-3, II-1, III-2
(d) I-1, II-3, III-2

Ans : MAIN 2023

(a) I-1, II-2, III-3
HIIT is ideal for endomorphs to burn fat efficiently (I-1).
Heavy strength training helps ectomorphs build muscle mass (II-2).
Mesomorphs benefit from a balanced mix of strength training and cardio (III-3).

64. Match the following dietary strategies with the body types:

Column I (Body Type)		Column II (Diet Strategy)	
(I)	Endomorph	1.	High-protein, low-carb diet
(II)	Mesomorph	2.	Balanced macronutrient intake
(III)	Ectomorph	3.	High-calorie, protein-rich diet

(a) I-1, II-2, III-3
(b) I-2, II-3, III-1
(c) I-3, II-1, III-2
(d) I-1, II-3, III-2

Ans : COMP 2020

(a) I-1, II-2, III-3
Endomorphs should consume a high-protein, low-carb diet to prevent fat accumulation (I-1).
Mesomorphs need a balanced diet to maintain muscle and fitness (II-2).
Ectomorphs require a high-calorie, protein-rich diet to gain weight (III-3).

65. Match the following training techniques with their benefits:

Column I (Training Technique)			Column II (Benefit)
(I)	Compound Movements	1.	Engages multiple muscle groups for strength gain
(II)	Isolation Exercises	2.	Targets specific muscles for definition
(III)	Functional Training	3.	Improves overall mobility and coordination

(a) I-1, II-2, III-3
(b) I-2, II-3, III-1
(c) I-3, II-1, III-2
(d) I-1, II-3, III-2

Ans : SQP 2022

(a) I-1, II-2, III-3
Compound movements work multiple muscles, improving strength (I-1).

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Isolation exercises target specific muscles, enhancing definition (II-2).
Functional training improves mobility and coordination, benefiting overall fitness (III-3).

66. Match the following macronutrients with their functions in fitness:

Column I (Macronutrient)		Column II (Function)	
(I)	Protein	1.	Provides long-term energy and supports hormone production
(II)	Carbohydrates	2.	Main source of energy for workouts
(III)	Fats	3.	Essential for muscle repair and growth

(a) I-1, II-2, III-3
(b) I-2, II-3, III-1
(c) I-3, II-2, III-1
(d) I-3, II-1, III-2

Ans : MAIN 2009

(c) I-3, II-2, III-1
Protein helps in muscle repair and growth, making it essential for fitness (I-3).
Carbohydrates are the body's main energy source for physical activity (II-2).
Fats provide long-term energy and support hormonal functions (III-1).

67. Match the following cardio types with their benefits:

Column I (Cardio Type)		Column II (Benefit)	
(I)	Sprinting	1.	Improves endurance and burns calories steadily
(II)	HIIT	2.	Boosts metabolism and fat loss quickly
(III)	LISS	3.	Increases speed and explosive power

(a) I-1, II-2, III-3
(b) I-2, II-3, III-1
(c) I-3, II-2, III-1
(d) I-3, II-1, III-2

Ans : COMP 2006

(c) I-3, II-2, III-1
Sprinting builds explosive speed and muscle endurance (I-3).
HIIT boosts fat loss and metabolism, making it effective for weight control (II-2).
Low-Intensity Steady-State (LISS) cardio helps improve endurance (III-1).

68. Match the following training errors with their effects:

Column I (Training Error)		Column II (Effect)	
(I)	Overtraining	1.	Increased risk of injury
(II)	Poor form	2.	Reduced performance and muscle strain
(III)	Skipping warm-ups	3.	Higher chance of muscle pulls

(a) I-1, II-2, III-3
(b) I-2, II-3, III-1
(c) I-3, II-1, III-2
(d) I-1, II-3, III-2

Ans : SQP 2004

(a) I-1, II-2, III-3
Overtraining leads to injuries and fatigue (I-1).
Poor form causes reduced performance and unnecessary muscle strain (II-2).
Skipping warm-ups increases the risk of muscle injuries (III-3).

69. Match the following training cycles with their durations:

Column I (Training Cycle)		Column II (Duration)	
(I)	Macrocycle	1.	Few months workout plan
(II)	Mesocycle	2.	Few weeks workout plan
(III)	Microcycle	3.	Few days of training

(a) I-2, II-3, III-1
(b) I-3, II-1, III-2
(c) I-1, II-3, III-2
(d) I-2, II-1, III-3

Ans : MAIN 2007

(b) I-3, II-1, III-2
Macrocycles cover long-term training plans (I-1).
Mesocycles are medium-term workout programs lasting weeks (II-2).

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Microcycles are short workout phases lasting a few days (III-3).

70. Match the following recovery methods with their effects:

Column I (Recovery Method)		**Column II (Effect)**	
(I)	Active Recovery	1.	Helps maintain flexibility and prevents soreness
(II)	Rest Days	2.	Allows muscle repair and prevents overtraining
(III)	Hydration	3.	Prevents dehydration and improves performance

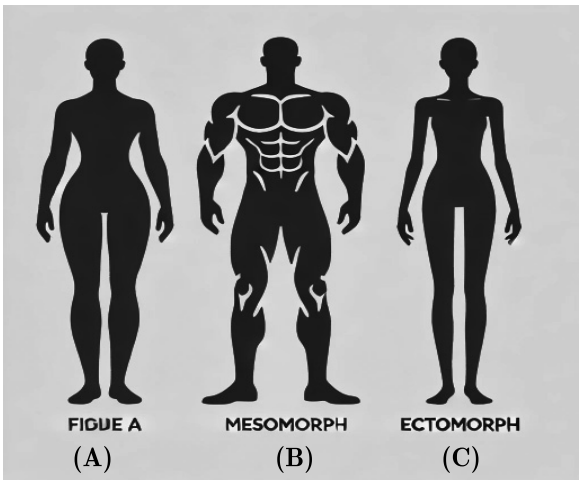
(a) I-2, II-3, III-1
(b) I-3, II-1, III-2
(c) I-1, II-3, III-2
(d) I-2, II-1, III-3

Ans : COMP 2013

(c) I-1, II-3, III-2
Active recovery keeps muscles loose and reduces stiffness (I-1).
Rest days allow muscle repair, preventing fatigue (II-2).
Hydration ensures optimal performance and prevents cramps (III-3).

PICTURE BASED QUESTIONS

71. Identify the body type based on the given figure.



(a) Figure A - Mesomorph, Figure B - Endomorph, Figure C - Ectomorph
(b) Figure A - Endomorph, Figure B - Mesomorph, Figure C - Ectomorph
(c) Figure A - Ectomorph, Figure B - Endomorph, Figure C - Mesomorph
(d) Figure A - Mesomorph, Figure B - Ectomorph, Figure C - Endomorph

Ans : SQP 2011

(b) Figure A - Endomorph, Figure B - Mesomorph, Figure C - Ectomorph
Endomorphs (Figure A) have a rounded physique, shorter limbs, and a higher fat percentage. Mesomorphs (Figure B) have a naturally muscular build with broad shoulders. Ectomorphs (Figure C) are tall, slim, and struggle with weight gain due to a fast metabolism.

72. Based on the figure, which type of training is most suitable?
(Provide three workout illustrations:

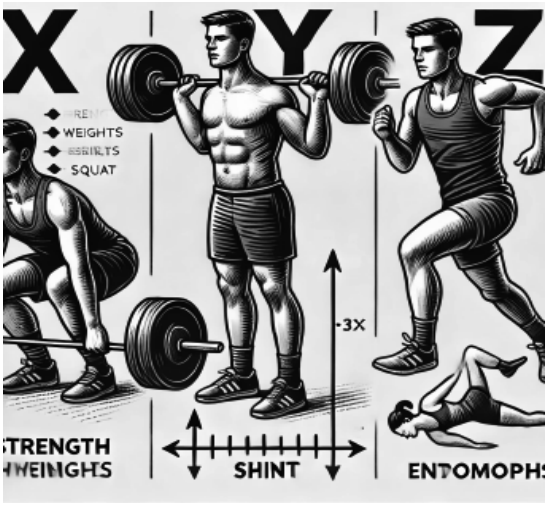


Figure X : A person lifting heavy weights (deadlifts, squats).
Figure Y : A person doing sprint intervals or a HIIT session.
Figure Z : A person doing low-intensity cardio, like jogging.)

(a) Figure X - Best for Ectomorph, Figure Y - Best for Endomorph, Figure Z - Best for Mesomorph
(b) Figure X - Best for Mesomorph, Figure Y - Best for Endomorph, Figure Z - Best for Ectomorph
(c) Figure X - Best for Ectomorph, Figure Y - Best for Mesomorph, Figure Z - Best for Endomorph
(d) Figure X - Best for Endomorph, Figure Y - Best for Ectomorph, Figure Z - Best for Mesomorph

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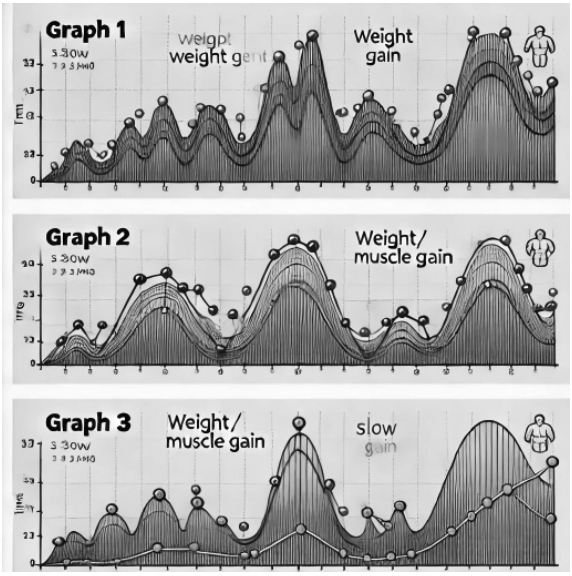
Ans : MAIN 2019

(b) Figure X - Best for Mesomorph, Figure Y - Best for Endomorph, Figure Z - Best for Ectomorph
Mesomorphs (Figure X) benefit from strength training as they naturally gain muscle easily. Endomorphs (Figure Y) require HIIT and intense workouts to burn fat efficiently. Ectomorphs (Figure Z) should focus on low-intensity cardio and muscle-building exercises to maintain lean mass.

73. Based on the fitness progress chart, which body type does it represent?



(a) Graph 1 - Endomorph, Graph 2 - Mesomorph, Graph 3 - Ectomorph
(b) Graph 1 - Mesomorph, Graph 2 - Endomorph, Graph 3 - Ectomorph
(c) Graph 1 - Ectomorph, Graph 2 - Mesomorph, Graph 3 - Endomorph
(d) Graph 1 - Endomorph, Graph 2 - Ectomorph, Graph 3 - Mesomorph

Ans :

(a) Graph 1 - Endomorph, Graph 2 - Mesomorph, Graph 3 - Ectomorph
Endomorphs (Graph 1) gain weight quickly but struggle to lose fat without structured training and diet. Mesomorphs (Graph 2) gain muscle steadily and respond well to exercise. Ectomorphs (Graph 3) have difficulty gaining weight and muscle, even with high-calorie intake.

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74. Match the figure with the appropriate diet plan. **(Provide three plates of food illustrations:**

Options :
(a) Plate 1 - Best for Endomorph, Plate 2 - Best for Mesomorph, Plate 3 - Best for Ectomorph
(b) Plate 1 - Best for Ectomorph, Plate 2 - Best for Endomorph, Plate 3 - Best for Mesomorph
(c) Plate 1 - Best for Mesomorph, Plate 2 - Best for Ectomorph, Plate 3 - Best for Endomorph
(d) Plate 1 - Best for Mesomorph, Plate 2 - Best for Endomorph, Plate 3 - Best for Ectomorph

Ans : COMP 2015

(a) Plate 1 - Best for Endomorph, Plate 2 - Best for Mesomorph, Plate 3 - Best for Ectomorph
Endomorphs (Plate 1) should consume a high-protein, low-carb diet to manage fat gain. Mesomorphs (Plate 2) need a balanced intake of protein, carbs, and fats to support their physique. Ectomorphs (Plate 3) should consume a calorie-dense diet to promote muscle gain.

TWO MARK QUESTIONS

75. What are the traits of Ectomorphs?

Ans : MAIN 2024

Ectomorphs are slim with elongated limbs and weak body constitution. They have flat chests, less muscle mass, and struggle to gain weight. Despite their lack of strength, they excel in endurance sports due to their naturally suited body type.

76. State the characteristic features of Endomorphs.

Ans : SQP 2021

Endomorphs have short arms and legs with a rounded physique. They store more fat in the upper body, particularly in the arms and legs. Their muscles are underdeveloped, and they struggle to lose weight due to their high-fat storage capacity.

77. What do you mean by Mesomorph type of body?

Ans : COMP 2023

Mesomorphs are muscular and athletic with balanced body proportions. They gain muscle easily, have a rectangular body shape, and are physically strong and aggressive. They perform well in sports due to their physical traits.

78. State the characteristics of eating plans of Mesomorphs.

Ans : MAIN 2020

Mesomorphs require equal amounts of protein and fat in their diet, with moderate carbohydrates. They should focus on complex carbohydrates to provide energy and maintain a sustainable, healthy body.

79. Explain the classification of individual body types as given by William Herbert Sheldon.

Ans : SQP 2022

William Herbert Sheldon classified individuals into three body types:

(i) Ectomorphs : Slim, lean, and suited for endurance activities.

(ii) Mesomorphs : Muscular, balanced, and suited for physical strength.

(iii) Endomorphs : Rounded physique with high-fat storage capacity.

80. What are the three body types classified by William Herbert Sheldon?

Ans : COMP 2007

The three body types classified by William Herbert Sheldon are:

(i) Endomorph : Characterized by a rounded physique with high fat storage.

(ii) Mesomorph : Naturally muscular with a well-balanced body structure.

(iii) Ectomorph : Lean and thin with difficulty in gaining weight and muscle.

81. Why do ectomorphs struggle to gain muscle?

Ans : MAIN 2003

Ectomorphs have a fast metabolism, which burns calories quickly, making it difficult to store enough energy for muscle growth. They require a high-calorie, protein-rich diet and strength training with minimal cardio to build muscle effectively.

82. What is the primary fitness goal for endomorphs?

Ans : SQP 2004

The primary fitness goal for endomorphs is fat loss and weight management. They should focus on high-intensity workouts (HIIT), strength training, and a controlled diet with low carbohydrates and high protein to maintain muscle mass while reducing fat.

83. Which body type gains muscle the easiest and why?

Ans : COMP 2009

Mesomorphs gain muscle the easiest because they have a naturally muscular build, balanced metabolism, and higher muscle-to-fat ratio. Their body type allows them to respond well to strength training and physical activity, making muscle growth more efficient.

84. What type of diet should an ectomorph follow to gain weight?

Ans : MAIN 2002

An ectomorph should follow a high-calorie, protein-rich diet with complex carbohydrates and healthy fats. They should consume more calories than they burn to support weight gain and muscle growth while focusing on strength training.

85. Why is HIIT beneficial for endomorphs?

Ans : SQP 2017

HIIT (High-Intensity Interval Training) is beneficial for endomorphs because it burns calories efficiently, boosts metabolism, and helps reduce body fat while preserving muscle mass. It is an effective workout method for weight loss and cardiovascular fitness.

86. How should mesomorphs structure their workout routine?

Ans : COMP 2013

Mesomorphs should combine strength training and cardiovascular exercises to maintain muscle definition and overall fitness. Their routine should include weight lifting for muscle growth and cardio for endurance and fat management to stay lean and fit.

87. What kind of carbohydrates should endomorphs consume?

Ans : MAIN 2011

Endomorphs should consume complex carbohydrates like brown rice, whole wheat bread,

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and quinoa instead of simple carbohydrates. Complex carbsprovide sustained energy and help prevent rapid fat storage, making them better for weight management.

88. Why should ectomorphs limit excessive cardio?

Ans : SQP 2016

Ectomorphs should limit excessive cardio because it burns too many calories, making it harder to gain weight and muscle. Instead, they should focus on heavy compound weight lifting and a high-calorie diet to build muscle effectively.

89. What is the ideal macronutrient balance for mesomorphs?

Ans : COMP 2014

Mesomorphs should follow a balanced diet with equal amounts of protein and fat and a moderate amount of carbohydrates to maintain muscle mass, sustain energy levels, and prevent excessive fat gain.-

THREE MARKS QUESTIONS

90. On the basis of physical traits, how will you identify a Mesomorph from an Endomorph or an Ectomorph?

Ans : MAIN 2024

Physical Traits of an Ectomorph :

1. Slim body with elongated muscles and limbs
2. Small "delicate" frame and bone structure
3. Classic "hard-gainer"
4. Flat chest
5. Small shoulders
6. Thin
7. Lean muscle mass
8. Finds it hard to gain weight
9. Fast metabolism

Physical Traits of a Mesomorph :

1. Athletic
2. Generally hard body
3. Well-defined muscles
4. Rectangular-shaped body
5. Strong
6. Gains muscles easily
7. Gains fat more easily than ectomorphs

Physical Traits of an Endomorph :

1. Soft and round body
2. Gains muscles and fat very easily
3. Is generally short
4. "Stocky" build
5. Round physique
6. Finds it hard to lose fat
7. Slow metabolism
8. Muscles not so well defined

91. What are the differences in the training requirements of Mesomorphs and Ectomorphs?

Ans : SQP 2021

(i) Mesomorphs :
   (a) Benefit from both strength and aerobic training
   (b) Focus on balanced workouts to maintain weight and muscle mass.

(ii) Ectomorphs :
   (a) Focus on compound exercises to build muscle.
   (b) Avoid isolated movements; prioritize big muscle group workouts like bench press and dead lifts.

92. How do the nutritional requirements of Endomorphs differ from those of Ectomorphs?

Ans : COMP 2023

Ectomorphs:- Can consume more carbohydrates compared to other body types.- Should prioritize complex carbs like brown rice and whole grains for sustainable energy.- High protein intake is essential for muscle growth. Endomorphs:- Require fewer carbohydrates and higher protein intake.- Should avoid simple carbs like white bread and focus on complex carbs for better energy management.- A stricter diet is necessary to prevent weight gain. Here are 10 three-mark questions with answers, strictly based on the given content:---Describe the key characteristics of an endomorph body type.
Endomorphs have the following characteristics:

(i) Rounded physique with a higher body fat percentage, making weight loss difficult.
(ii) Shorter arms and legs with a naturally soft body structure, leading to a broader appearance.
(iii) Slow metabolism, which makes them prone to weight gain, requiring strict diet and exercise control to maintain a healthy body composition.

93. Why do mesomorphs have an advantage in fitness training?

Ans : MAIN 2020

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(i) Naturally muscular build P : Mesomorphs have a well-balanced body composition, making it easier to gain muscle.
(ii) Adaptive metabolism : They can efficiently gain or lose weight depending on their training and diet.
(iii) Strong response to exercise : They benefit from both strength training and cardio, allowing them to excel in various sports and fitness activities.

94. How can an ectomorph effectively gain muscle?

Ans : SQP 2022

(i) High-calorie diet : Ectomorphs should consumea calorie surplus with protein, complex carbs, and healthy fats.
(ii) Strength training focus : They should prioritize heavy compound lifts like squats, dead lifts, and bench presses.
(iii) Minimal cardio : Excessive cardio burns too many calories, making muscle gain more difficult.

95. What are the best training methods for an endomorph?

Ans : COMP 2007

(i) High-Intensity Interval Training (HIIT) : Burns fat quickly while preserving muscle mass.
(ii) Strength training : Helps increase muscle mass and boosts metabolism.
(iii) Low-Intensity Steady-State (LISS) cardio : Improves endurance and aids in long-term fat loss.

96. Explain the ideal diet plan for a mesomorph body type.

Ans : MAIN 2003

(i) Balanced macronutrient intake : Mesomorphs should consume equal amounts of protein and fats with moderate carbohydrates.
(ii) Focus on lean protein sources : Foods like chicken, fish, and eggs help in muscle recovery.
(iii) Complex carbs for sustained energy : Whole grains, vegetables, and brown rice provide long-lasting fuel for workouts.

97. Why should endomorphs reduce their intake of simple carbohydrates?

Ans : SQP 2004

(i) Prevents rapid weight gain : Simple carbs like white bread and sugar get stored as fat more easily.
(ii) Maintains stable blood sugar levels : Prevents insulin spikes and reduces hunger cravings.
(iii) Supports fat loss goals : A diet lower in simple carbs helps endomorphs manage their weight effectively.

98. How does metabolism affect each body type?

Ans : COMP 2009

(i) Ectomorphs : Have a fast metabolism, making it hard to gain weight and muscle.
(ii) Mesomorphs : Have a balanced metabolism, allowing them to gain muscle and lose fat efficiently.
(iii) Endomorphs : Have a slow metabolism, making them more prone to fat storage and requiring a stricter diet and exercise plan.

99. What are the key benefits of strength training for each body type?

Ans : MAIN 2002

(i) Ectomorphs : Helps in muscle gain and strength development since they struggle with natural muscle growth.
(ii) Mesomorphs : Maintains muscle tone and athletic physique, preventing excess fat accumulation.
(iii) Endomorphs : Boosts metabolism and reduces fat storage, making weight loss more effective.

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100. Compare and contrast mesomorphs and endomorphs in terms of diet and training.

Ans : SQP 2017

(i) Diet : Mesomorphs need a balanced intake of protein, fats, and carbs, while endomorphs should limit carbohydrates and focus on high-protein meals.
(ii) Training : Mesomorphs can easily adapt to different workouts, while endomorphs need high-intensity training to prevent fat gain.
(iii) Metabolism : Mesomorphs have a moderate metabolism, while endomorphs have a slow metabolism, making weight loss difficult.

101. What role does macronutrient distribution play in body type-specific diets?

Ans : COMP 2013

(i) Ectomorphs : Need a high-calorie diet with more carbohydrates and protein to support muscle gain.

(ii) Mesomorphs : Should consume equal amounts of protein and fat, with moderate carbs to maintain their physique.
(iii) Endomorphs : Require higher protein intake and fewer carbohydrates top revent fat accumulation and maintain muscle.

CASE BASED QUESTION

102. Rahul has a naturally broad and muscular frame. He finds it easy to gain both muscle and fat. His coach advises him to maintain a balanced workout routine that includes both weight training and aerobic exercises.
(i) Which body type does Rahul belong to?
(ii) What type of training should he follow to maintain overall fitness?

Ans : MAIN 2024

(i) Mesomorph : He has a naturally athletic and muscular physique, which allows him to gain and lose weight easily.
(ii) A combination of strength training and endurance exercises to maintain muscle definition and overall fitness.

103. A sports coach is conducting a session on body types. He explains that one group of people can store fat easily and require a stricter eating plan, while another group has a fast metabolism and struggles to gain weight.
(i) Which two body types are being discussed?
(ii) How do their dietary needs differ?

Ans : SQP 2021

(i) Endomorphs (who store fat easily) and Ectomorphs (who struggle to gain weight).
(ii) Endomorphs should follow a low-carbohydrate, high-protein diet, while ectomorphs should consume more calories, including complex carbohydrates and proteins, to support muscle growth.

104. Simran, a fitness enthusiast, follows a high-protein diet and performs heavy compound lifts like deadlifts and squats to gain muscle mass. She avoids excessive cardio to prevent unnecessary calorie burning.
(i) Which body type does Simran belong to?
(ii) Why should she limit excessive cardio exercises?

Ans : COMP 2023

(i) Ectomorph : She has a lean structure and struggles to gain muscle.
(ii) Ectomorphs have a fast metabolism, and excessive cardio can lead to further calorie loss, making it harder to build muscle mass.

105. A fitness expert is designing training programs for three athletes with different body types. One focuses on weight loss, another on muscle gain, and the third on maintaining a balanced physique.
(i) Which body types correspond to these training goals?
(ii) What is the ideal training method for each body type?

Ans : MAIN 2020

(i) (a) Weight loss : Endomorph
(b) Muscle gain : Ectomorph
(c) Balanced physique : Mesomorph
(ii) (a) Endomorphs : High-intensity cardio and strength training
(b) Ectomorphs : Heavy weight training with minimal cardio
(c) Mesomorphs : A mix of strength and endurance exercises

106. Kunal has a slow metabolism and struggles to lose fat. His nutritionist advises him to avoid simple carbohydrates like white bread and focus on consuming more proteins and complex carbs.
(i) Which body type does Kunal have?
(ii) Why is it important for him to avoid simple carbohydrates?

Ans : SQP 2022

(i) Endomorph : He has a higher fat storage capacity and a slower metabolism.
(ii) Simple carbohydrates cause quick spikes in blood sugar, leading to fat accumulation, which is not ideal for endomorphs who already store fat easily.

107. A personal trainer is helping a group of clients achieve their fitness goals. He recommends one client to engage in high-intensity cardio workouts, another to focus on strength training, and a third to maintain a balance between both.
(i) Which body types are likely assigned to these training programs?
(ii) How do these training strategies benefit each body type?

Ans : MAIN 2007

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(i) High-intensity cardio workouts : Endomorph-Strength training : Ectomorph-Balanced training : Mesomorph
(ii) Endomorphs : Cardio helps burn fat and improve metabolism.-Ectomorphs : Strength training helps build muscle.-Mesomorphs : A balanced routine helps maintain overall fitness.

108. Tanya has a naturally slim and elongated body with weak muscle development. Despite eating well, she finds it difficult to gain muscle. Her coach suggests increasing her protein intake and focusing on heavy resistance training.
(i) Which body type does Tanya belong to?
(ii) What changes should she make in her training and diet to achieve muscle growth?

Ans : SQP 2003

(i) Ectomorph : She has a lean body with weak muscle development.
(ii) She should focus on heavy compound lifts, minimize excessive cardio, and follow a calorie-rich, high-protein diet to support muscle gain.

109. A sports academy is testing students' body compositions to customize training programs. They notice that some students have thick bones and muscular structures, while others have softer bodies with higher fat storage.
(i) Which two body types are being compared?
(ii) How should their workout routines differ?

Ans : COMP 2004

(i) Mesomorphs (thick bones and muscular structures) and Endomorphs (softer bodies with higher fat storage).
(ii) Mesomorphs : A mix of strength and endurance training.-Endomorphs : Focus on high-intensity cardio and a controlled diet to reduce fat.

110. A football coach is selecting players based on their physical attributes. He prefers athletes with a well-balanced, muscular structure for strength and agility, while endurance-based positions require leaner individuals.
(i) Which two body types would be most suitable for these roles?
(ii) What advantages do these body types provide in sports?

Ans : MAIN 2009

(i) (a) Strength and agility : Mesomorph
(b) Endurance-based roles : Ectomorph
(ii) (a) Mesomorphs : Strong, athletic, and powerful, ideal for contact sports
(b) Ectomorphs : Lightweight and have high endurance, making them suitable for long-distance running.

111. Varun's fitness goal is to develop a strong and muscular build while ensuring that he does not accumulate excess fat. His dietitian suggests an equal intake of proteins and fats with a moderate amount of carbohydrates.
(i) Which body type does Varun have?
(ii) Why is a balanced macronutrient intake important for his body type?

Ans : SQP 2017

(i) Mesomorph : He has a naturally muscular build and gains/loses weight easily.
(ii) Mesomorphs can gain both muscle and fat easily, so a balanced intake of proteins, fats, and moderate carbohydrates helps maintain a lean, muscular physique without excessive fat gain.

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112. Rohan is a tall and lean individual who finds it difficult to gain weight despite consuming a high-calorie diet. His coach advises him to focus on strength training and minimize excessive cardio exercises.
(i) Which body type does Rohan belong to?
(ii) What kind of training should he follow to achieve muscle growth?

Ans : COMP 2013

(i) Rohan belongs to the ectomorph body type. Ectomorphs are characterized by a slim frame, fast metabolism, and difficulty in gaining weight or muscle mass.
(ii) Rohan should focus on strength training with heavy compound exercises like squats, dead lifts, and bench presses to engage multiple muscle groups. He should minimize excessive cardio to prevent burning too many calories and follow a high-calorie, protein-rich diet to support muscle growth.

113. Priya gains weight quickly and finds it difficult to lose fat. Her trainer suggests she follow a caloric deficit diet and engage in high-intensity interval training (HIIT) to improve her fitness.
(i) Which body type does Priya have?
(ii) What type of dietary plan should she follow

to maintain a healthy weight?

Ans : MAIN 2011

(i) Priya has an endomorph body type. Endomorphs tend to store fat easily, have a slower metabolism, and struggle with weight loss.

(ii) Priya should follow a caloric deficit diet with high protein intake and low simple carbohydrates. She should prioritize complex carbohydrates (e.g., brown rice, oats) and avoid simple carbs like white bread. She should also engage in HIIT workouts and steady-state cardio to improve metabolism and burn fat.

114. Aryan has a naturally athletic and muscular body with broad shoulders and a well-balanced physique. He excels in sports and gains muscle easily. His coach designs a training program that includes both weight lifting and cardiovascular exercises.

(i) Which body type does Aryan belong to?

(ii) Why is a combination of strength and endurance training ideal for him?

Ans : SQP 2011

(i) Aryan belongs to the mesomorph body type. Mesomorphs have a naturally muscular build, gain muscle easily, and have a balanced body composition.

(ii) Since mesomorphs can gain both muscle and fat easily, a combination of strength and endurance training helps them maintain an athletic physique, improve cardiovascular fitness, and enhance overall performance. This ensures they build strength while preventing excessive fat gain.

115. A fitness trainer is designing a meal plan for different individuals based on their body types. He recommends one person to consume complex carbohydrates like brown rice and brown bread to support muscle growth, while another person is advised to avoid simple carbohydrates like white bread.

(i) Which body types are being referred to in this scenario?

(ii) Why should the second individual avoid simple carbohydrates?

Ans : COMP 2016

(i) The person advised to consume more complex carbohydrates is likely an ectomorph, as they need more calories to build muscle. The person who needs to avoid simple carbohydrates is an endomorph, as they are prone to fat gain and should control their carbohydrate intake.

(ii) Simple carbohydrates (like white bread) cause rapid spikes in blood sugar, leading to increased fat storage. Since endomorphs already store fat easily, avoiding simple carbs helps prevent excessive weight gain and improves fat metabolism.

116. Meera, an aspiring marathon runner, is naturally slim and has difficulty building muscle mass. She is advised to follow a high-protein diet and focus on compound exercises like squats, dead lifts, and bench presses.

(i) Which body type does Meera belong to?

(ii) Why are compound movements important for her training?

Ans : MAIN 2008

(i) Meera belongs to the ectomorph body type. Ectomorphs have a lean build, fast metabolism, and struggle to gain muscle mass.

(ii) Compound movements like squats, dead lifts, and bench presses engage multiple muscle groups and stimulate muscle growth more effectively than isolated exercises. Since ectomorphs struggle to build muscle, these exercises help maximize muscle development and strength gains while promoting overall athletic performance.

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CHAPTER 4

PHYSICAL FITNESS

SUMMARY

1. PHYSICAL FITNESS

Physical fitness is the ability to perform daily tasks with vigor and alertness while having sufficient energy for leisure activities and meeting emergency demands. It encompasses endurance, strength, flexibility, and the capacity to resist stress.

1.1 Aspects of Physical Fitness

Physical fitness refers to two primary aspects :

1. General Fitness : The overall state of health and well-being, encompassing various bodily systems and functions.
2. Specific Fitness : The ability to perform particular physical tasks or skills, tailored to specific activities or sports.

1.2 Components of Physical Fitness

Physical fitness involves five key components :

1. **Cardiovascular Endurance :** The efficiency with which the heart, lungs, and circulatory system supply oxygen-rich blood to the muscles during sustained physical activity.
2. **Muscular Strength :** The maximum amount of force a muscle or group of muscles can exert against resistance in a single effort.
3. **Muscular Endurance :** The ability of a muscle or group of muscles to perform repeated contractions over an extended period without fatigue.
4. **Flexibility :** The range of motion available at a joint or group of joints, allowing for effective movement and reducing the risk of injury.
5. **Body Composition :** The proportion of fat, muscle, bone, and other tissues that make up an individual's body, influencing overall health and physical performance.

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2. IMPORTANCE OF PHYSICAL FITNESS

1. **Overall Health :** Regular exercise improves general health by enhancing blood circulation, boosting immunity, and improving overall physical and mental well-being.
2. **Boosts Energy :** Physical activity increases energy levels, leaving individuals feeling refreshed and energized after workouts, in contrast to a sedentary lifestyle that can cause fatigue.
3. **Weight Reduction :** Consistent exercise helps in natural weight loss, which is a primary benefit of fitness. It improves metabolism and reduces the risk of lifestyle-related diseases.
4. **Strong Build :** Regular workouts strengthen bones and muscles, preventing issues like back pain, joint problems, and muscle strain.

3. ADDITIONAL BENEFITS OF PHYSICAL FITNESS

1. **Mental Strength :** A fit body enhances mental strength along with physical health. Regular exercise and a proper diet positively impact brain function by improving blood flow to the brain and boosting memory. This ensures mental stability and resilience.
2. **Personality Development :** Staying fit improves overall appearance and boosts confidence. Adopting healthy habits enhances grooming and personality. Fitness promotes a positive mood, leaving individuals feeling refreshed, happy, and optimistic throughout the day.

4. COMPONENTS OF PHYSICAL FITNESS

There are eight components of physical fitness, each playing a crucial role in different games and sports. These components are interconnected and include the following :

1. **Cardiovascular/Respiratory Endurance :** The ability to sustain physical activity for extended durations and resist fatigue. It measures the efficiency of the heart, lungs, and blood vessels in delivering oxygen-rich

blood to muscles during activities lasting longer than 90 seconds.
Examples : Long-distance running, Swimming, Cycling

2. **Strength :** The ability to exert force against resistance. Strength-based activities involve lifting weights or body weight exercises where muscles work against external resistance. Physiological strength relies on energy supplied by ATP (Adenosine Triphosphate) for muscle contractions.
Examples : Weight lifting, Push-ups, Wrestling
3. **Flexibility :** The range of motion possible at a joint or group of joints. Flexibility is essential for movements requiring bending, stretching, or twisting.
Examples : Yoga, Gymnastics, Martial arts
4. **Power :** The ability to exert maximum effort in a short period. It combines strength and speed for explosive movements.
Examples : Jumping, Sprinting, Explosive weight lifting (e.g., snatch or clean and jerk)
5. **Speed :** The ability to perform movements quickly and efficiently. Individuals with higher physical fitness demonstrate better speed in various tasks.
Examples : Sprinting in track and field, Fast footwork in soccer, Rapid hand movements in boxing
6. **Coordination (Coordinative Abilities) :** The capacity to use different body parts together effectively for smooth and controlled movements.
Examples : Dribbling a basketball, Hand-eye coordination in table tennis, Foot-eye coordination in soccer
7. **Ability :** The ability to change direction quickly while maintaining balance and control. It is crucial in sports requiring rapid movements and directional shifts.
Examples : Dodging opponents in football, Quick lateral movements in badminton, Zig-zag running drills
8. **Balance :** The ability to maintain stability in both stationary and dynamic states. There are two types of balance :
   (a) Static Balance : Maintaining equilibrium in a fixed position.
   Examples : Yoga poses like the tree pose
   (b) Dynamic Balance : Maintaining stability while in motion.
   Example : Skating, cycling or surfing

5. FACTORS AFFECTING PHYSICAL FITNESS

1. **Heredity :** Hereditary factors play a crucial role in determining physical fitness and wellness. Traits such as size, shape, structure, and height are inherited genetically and influence an individual's physical fitness.
2. **Nutrition :** Proper nutrition and a balanced diet are essential for overall wellness. An unbalanced diet or malnutrition adversely impacts physical fitness, leading to deficiencies and reduced energy levels.
3. **Environment :** A clean and safe environment contributes significantly to physical fitness. Polluted or unhygienic surroundings negatively impact fitness and health. Maintaining hygiene is crucial to ensure well-being.
4. **Training :** Proper training enhances physical fitness by improving strength, endurance, and skill. Availability of proper facilities and guidance, along with appropriate methods of training, is essential for maximizing physical fitness.
5. **Illness :** Diseases and injuries can significantly affect physical fitness. Following corrective and preventive measures is necessary to minimize the adverse effects of illnesses on physical performance.
6. **Self-Motivation :** An individual's self-motivation is a critical factor in maintaining physical fitness. When self-motivated, other factors can be managed effectively, leading to consistent efforts toward staying fit.

6. ADDITIONAL FACTORS

1. **Emotional Stability :** Stress, tension, and worries can negatively affect physical fitness. Emotional stability helps maintain focus and reduces the adverse effects of mental stress.
2. **Lifestyle :** A sedentary or improper lifestyle significantly reduces physical fitness. An active lifestyle ensures better health and improves physical capabilities.
3. **Posture :** Good posture symbolizes wellness and is vital for physical fitness. Poor posture affects the body's alignment and reduces overall efficiency.
3. **Age :** Age plays a major role in physical fitness. Fitness levels typically decline with increasing age due to natural physiological changes.
4. **Gender/Sex :** Gender influences fitness due to biological and hormonal differences. Males

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and females exhibit variations in strength, endurance, and body composition, affecting their fitness differently.

MULTIPLE CHOICE QUESTION

1. Which test is conducted to assess muscle strength?
(a) Cooper run.
(b) Harvard step test.
(c) Push up test.
(d) Zigzag test.

Ans : MAIN 2024

(c) Push up test.
Push up test is conducted to measure muscle strength.

2. A 100 percent perfection at hitting the target refers to the skill component _____.
(a) Speed
(b) Strength
(c) Accuracy
(d) Power

Ans : SQP 2021

(c) Accuracy
Accuracy is the skill component that shows perfection.

3. The ability to perform a task or move from one point to another in the shortest period of time is called :
(a) Power
(b) Speed
(c) Balance
(d) Agility

Ans : COMP 2023

(b) Speed
Speed is the ability to perform one maximum effort in the shortest possible time.

4. Health-related physical fitness components include :
(a) Agility and speed.
(b) Muscular endurance and muscular strength.
(c) Balance and coordination.
(d) Power and speed.

Ans : MAIN 2020

(b) Muscular endurance and muscular strength.
Muscular endurance and muscular strength are key health-related fitness components.

5. Timed shuttle run is useful to improve which component of Physical Fitness?
(a) Speed
(b) Agility
(c) Power
(d) Accuracy

Ans : SQP 2022

(b) Agility
Shuttle run measures agility, a key component of physical fitness.

6. Which of the following activities improves aerobic endurance the most?
(a) Stretching
(b) Weight lifting
(c) Swimming
(d) Archery

Ans : COMP 2007

(c) Swimming
Swimming greatly improves aerobic endurance.

7. It is the time taken by the body to respond immediately after a stimulus :
(a) Speed
(b) Agility
(c) Stamina
(d) Reaction Time

Ans : MAIN 2003

(d) Reaction Time
Reaction time is the ability to detect, process, and respond to a stimulus, relying on factors such as perception and reflexes.

8. _____ is the ability of the muscles to perform continuously without fatigue.
(a) Strength
(b) Flexibility
(c) Power
(d) Endurance

Ans : SQP 2004

(d) Endurance
Endurance refers to the muscles' ability to work continuously without fatigue.

9. The ability to control the body position, while stationary or moving is :
(a) Coordination
(b) Power
(c) Accuracy
(d) Balance

Ans : COMP 2009

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(d) Balance
Balance is the ability to retain the center of mass above the base of support whether stationary (static balance) or moving (dynamic balance).

10. Which type of strength is essential in shot put?
(a) Maximum strength
(b) Explosive strength
(c) Strength endurance
(d) Dynamic strength

Ans : MAIN 2002

(a) Maximum strength
Maximum strength is used in shot put to throw the object with great force.

11. Name the muscle fiber due to which the person will have more endurance :
(a) Rapid twitch fiber
(b) White twitch fiber
(c) Fast twitch fiber
(d) Slow twitch fiber

Ans : SQP 2017

(d) Slow twitch fiber
Slow-twitch muscle fibers are efficient in using oxygen to produce ATP for prolonged muscle contractions, enabling greater endurance.

12. The ability of joints to move in maximum range with external help is known as :
(a) Passive Flexibility
(b) Static Flexibility
(c) Active Flexibility
(d) Dynamic Flexibility

Ans : COMP 2013

(a) Passive Flexibility
Passive flexibility allows joints to move through an unrestricted range of motion with external assistance.

13. What is the primary definition of physical fitness?
(a) The ability to perform daily tasks with ease and extra energy for leisure and emergencies
(b) The ability to run long distances without getting tired
(c) The ability to lift heavy weights and build muscle
(d) The ability to engage in sports without injury

Ans : COMP 2011

(a) The ability to perform daily tasks with ease and extra energy for leisure and emergencies
Physical fitness is not limited to sports or heavy workouts; it is the ability of an individual to complete daily activities efficiently while having enough energy for other activities and unexpected situations. A physically fit person can handle physical stress, resist fatigue and maintain endurance throughout the day.

14. Which of the following is NOT a component of physical fitness?
(a) Cardiovascular Endurance
(b) Flexibility
(c) Intelligence
(d) Body Composition

Ans : MAIN 2016

(c) Intelligence
Intelligence is a cognitive ability that does not directly contribute to physical fitness. In contrast, cardiovascular endurance, flexibility and body composition are crucial components that determine a person's ability to maintain physical health and function efficiently.

15. What is meant by muscular endurance?
(a) The ability to lift the heaviest weight in a single effort
(b) The ability of a muscle to perform repeated contractions over time
(c) The ability to stretch muscles beyond their natural range
(d) The efficiency of the heart in pumping blood

Ans : SQP 2014

(b) The ability of a muscle to perform repeated contractions over time
Muscular endurance refers to the ability of a muscle or group of muscles to sustain repeated contractions for an extended duration without fatigue. It is important for activities like long-distance running, cycling and rowing, where muscles must continue to function over time without getting exhausted.

16. Which component of fitness refers to the proportion of fat, muscle, bone, and other tissues in the body?
(a) Strength
(b) Power
(c) Flexibility
(d) Body Composition

Ans : MAIN 2008

(d) Body Composition
Body composition is the ratio of fat to lean mass (muscle, bones, organs and tissues) in the body. A

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higher proportion of lean mass and lower body fat is associated with better physical fitness, reducing the risk of diseases like obesity, diabetes and heart disease.

17. Which of the following best defines flexibility?
(a) The ability to move quickly
(b) The ability to exert maximum force
(c) The ability to move joints through a full range of motion
(d) The ability to sustain prolonged physical activity

Ans : SQP 2006

(c) The ability to move joints through a full range of motion
Flexibility is the capacity of a joint or muscle to stretch and move through its full range of motion without discomfort or injury. It plays a key role in reducing muscle stiffness, preventing injuries and improving movement efficiency in activities like yoga, gymnastics and martial arts.

18. Which of the following is an example of cardiovascular endurance?
(a) Weight lifting
(b) Sprinting
(c) Swimming
(d) Push-ups

Ans : COMP 2001

(c) Swimming
Cardiovascular endurance involves the efficiency of the heart, lungs, and circulatory system in supplying oxygen to working muscles during prolonged activities. Swimming is a prime example because it requires continuous movement and sustained oxygen supply over a long duration.

19. What is the key difference between general fitness and specific fitness?
(a) General fitness relates to overall health, while specific fitness relates to skill-based performance
(b) General fitness is only for athletes, while specific fitness is for everyone
(c) Specific fitness is unrelated to physical health
(d) General fitness includes only muscle-building activities

Ans : MAIN 2000

(a) General fitness relates to overall health, while specific fitness relates to skill-based performance
General fitness refers to an individual's overall health, including strength, endurance and flexibility, ensuring proper body function. Specific fitness, on the other hand, is related to training for particular sports or physical tasks that require specialized skills, such as sprinting, weight lifting, or gymnastics.

20. Which component of physical fitness is most important for a sprinter?
(a) Flexibility
(b) Speed
(c) Muscular Endurance
(d) Balance

Ans : SQP 2005

(b) Speed
Speed is a critical component for sprinters because it determines how quickly an individual can cover a short distance. Sprinting requires explosive movements, fast muscle contractions, and efficient neuromuscular coordination.

21. What factor does NOT affect physical fitness?
(a) Heredity
(b) Training
(c) Financial Status
(d) Nutrition

Ans : COMP 2012

(c) Financial Status
While financial status may influence access to gyms and personal trainers, it does not directly determine physical fitness. Fitness is influenced by genetics (heredity), proper training, and adequate nutrition, which help in building strength, endurance and overall health.

22. What is the primary energy source for muscular strength activities?
(a) Oxygen
(b) Adenosine Triphosphate (ATP)
(c) Water
(d) Vitamins

Ans : MAIN 2015

(b) Adenosine Triphosphate (ATP)
ATP (Adenosine Triphosphate) is the main energy carrier in muscle cells. During high-intensity exercises like weight lifting or sprinting, muscles rely on ATP for immediate bursts of energy.

23. Which of the following is an example of agility?
(a) Running a marathon
(b) Dodging an opponent in football
(c) Holding a yoga pose
(d) Lifting a heavy object

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Ans : SQP 2018

(b) Dodging an opponent in football
Agility is the ability to change direction quickly while maintaining control and balance. It is crucial in sports like football, basketball and badminton, where rapid movements and quick decision-making are required.

24. What type of balance is required to stand still in a yoga pose?
(a) Dynamic Balance
(b) Static Balance
(c) Coordination
(d) Agility

Ans : COMP 2019

(b) Static Balance
Static balance is the ability to maintain body stability while remaining stationary, such as holding a yoga pose like the tree pose. In contrast, dynamic balance involves maintaining stability while in motion.

25. Why is emotional stability important for physical fitness?
(a) It helps maintain focus and reduces stress
(b) It increases muscular strength
(c) It improves body composition directly
(d) It reduces the need for training

Ans : MAIN 2010

(a) It helps maintain focus and reduces stress
Emotional stability plays a crucial role in physical fitness by helping individuals stay focused on training, reducing stress and maintaining a healthy mind set. Stress and anxiety can negatively impact motivation and physical performance.

26. What is the effect of age on physical fitness?
(a) Fitness levels improve automatically with age
(b) Fitness levels remain constant regardless of age
(c) Fitness levels tend to decline with age
(d) Age has no impact on physical fitness

Ans : SQP 2021

(c) Fitness levels tend to decline with age
As individuals age, natural physiological changes lead to a decline in muscle mass, bone density, and cardiovascular efficiency. However, regular exercise can slow down the aging process and maintain fitness levels.

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27. Which of the following activities best improves muscular strength?
(a) Running a marathon
(b) Swimming for 30 minutes
(c) Lifting heavy weights
(d) Playing table tennis

Ans : COMP 2024

(c) Lifting heavy weights
Muscular strength is the ability of a muscle or muscle group to exert force against resistance. Weight lifting, resistance training, and body weight exercises (such as push-ups) help build strength by increasing muscle fiber size and improving neuromuscular coordination. Unlike endurance activities such as running or swimming, weight lifting focuses on short, intense efforts that enhance the ability to generate force.

28. What is the main benefit of cardiovascular endurance?
(a) Increased flexibility
(b) Enhanced lung and heart efficiency
(c) Faster muscle growth
(d) Improved bone density

Ans : MAIN 2023

(b) Enhanced lung and heart efficiency
Cardiovascular endurance refers to the body's ability to sustain prolonged physical activity by efficiently delivering oxygen-rich blood to the muscles. Engaging in activities such as running, cycling, and swimming strengthens the heart and lungs, allowing them to work more efficiently and reducing the risk of heart disease, high blood pressure, and stroke.

29. What is the ideal way to improve flexibility?
(a) Weight lifting
(b) Static and dynamic stretching
(c) Sprinting
(d) High-intensity interval training

Ans : SQP 2020

(b) Static and dynamic stretching
Flexibility is the ability of a joint or muscle to move through its full range of motion. Static stretching (holding a stretch for an extended period) and dynamic stretching (moving through a range of motion) increase muscle elasticity, prevent injuries and enhance movement efficiency. Activities like yoga and gymnastics rely heavily on flexibility.

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30. Which of the following is a skill-related component of fitness?
(a) Body Composition
(b) Cardiovascular Endurance
(c) Coordination
(d) Muscular Strength

Ans : COMP 2022

(c) Coordination
Coordination is a skill-related fitness component that allows different body parts to work together smoothly and efficiently. It is essential in sports that require precise movement, such as basketball, tennis and soccer, where hand-eye or foot-eye coordination plays a critical role.

31. Which of the following is an example of an anaerobic activity?
(a) Jogging
(b) Weight lifting
(c) Swimming
(d) Long-distance cycling

Ans : MAIN 2008

(b) Weight lifting
Anaerobic activities are short bursts of high-intensity effort where the body relies on stored energy sources rather than oxygen. Weight lifting, sprinting and high-intensity interval training (HIIT) are anaerobic because they involve short, powerful movements that cannot be sustained for long periods.

32. Which training method focuses on improving agility?
(a) Resistance training
(b) Plyometrics drills
(c) Endurance training
(d) Yoga

Ans : SQP 2006

(b) Plyometrics drills
Agility is the ability to change direction quickly while maintaining balance and control. Plyometrics exercises, such as ladder drills, box jumps and cone drills, improve agility by increasing reaction time and neuromuscular efficiency.

33. What factor most directly influences a person's metabolism?
(a) Gender
(b) Age
(c) Muscle mass
(d) Height

Ans : COMP 2001

(c) Muscle mass
Muscle mass significantly impacts metabolism because muscle tissue burns more calories at rest compared to fat. The more muscle mass an individual has, the higher their resting metabolic rate, meaning they burn more calories even when not exercising.

34. What is the primary benefit of strength training?
(a) Increased body fat
(b) Improved bone density and muscle strength
(c) Reduced lung capacity
(d) Decreased heart rate

Ans : MAIN 2000

(b) Improved bone density and muscle strength
Strength training enhances bone density by stimulating bone growth, which reduces the risk of osteoporosis. It also builds muscular strength, improving posture, joint health and overall physical performance.

35. What does a higher body fat percentage indicate?
(a) Greater flexibility
(b) Lower risk of disease
(c) Increased risk of obesity-related diseases
(d) Higher muscular endurance

Ans : SQP 2005

(c) Increased risk of obesity-related diseases
A high body fat percentage is linked to health risks such as diabetes, cardiovascular diseases, and metabolic disorders. Maintaining a healthy body composition through diet and exercise reduces the likelihood of these conditions.

36. What is the recommended amount of moderate-intensity exercise per week for adults?
(a) 30 minutes per week
(b) 75 minutes per week
(c) 150 minutes per week
(d) 300 minutes per week

Ans : COMP 2017

(c) 150 minutes per week
The World Health Organization (WHO) recommends at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity activity per week to maintain overall health.

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37. What is the best type of training for increasing speed?
(a) Long-distance running
(b) Interval sprints
(c) Stretching exercises
(d) Resistance band workouts

Ans : MAIN 2013

(b) Interval sprints
Speed training focuses on short, intense bursts of movement to enhance acceleration and maximum running speed. Interval sprints improve muscle explosiveness and neuromuscular coordination.

38. What type of fitness is primarily required for gymnastics?
(a) Cardiovascular Endurance
(b) Muscular Strength
(c) Flexibility
(d) Coordination

Ans : SQP 2011

(c) Flexibility
Gymnastics requires a high degree of flexibility for performing complex movements like splits, flips and handstands. Without flexibility, gymnasts are at a higher risk of injury.

39. What is the primary reason for warming up before exercise?
(a) To burn more calories
(b) To increase blood flow and reduce injury risk
(c) To increase stress levels
(d) To cool down the body

Ans : COMP 2016

(b) To increase blood flow and reduce injury risk
A proper warm-up prepares the muscles, joints, and cardiovascular system for exercise by gradually increasing blood flow, heart rate, and flexibility, reducing the risk of strains and injuries.

40. Which nutrient is essential for muscle repair after exercise?
(a) Carbohydrates
(b) Proteins
(c) Fats
(d) Vitamins

Ans : MAIN 2014

(b) Proteins
Proteins provide amino acids necessary for muscle recovery and growth after exercise. Consuming protein post-workout aids in tissue repair and muscle-building.

41. How does hydration affect physical fitness?
(a) It helps regulate body temperature and prevent cramps
(b) It slows down metabolism
(c) It reduces muscular endurance
(d) It increases body fat

Ans : SQP 2007

(a) It helps regulate body temperature and prevent cramps
Hydration is crucial for maintaining electrolyte balance, preventing muscle cramps and regulating body temperature during exercise.

42. What factor influences an individual's ability to gain muscle?
(a) Water intake
(b) Sleep quality
(c) Skin color
(d) Hair growth

Ans : COMP 2003

(b) Sleep quality
Sleep is essential for muscle recovery and growth because it allows the body to release growth hormones and repair damaged tissues.

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43. What type of fitness is most important for a rock climber?
(a) Cardiovascular endurance
(b) Strength and grip endurance
(c) Speed
(d) Agility

Ans : MAIN 2004

(b) Strength and grip endurance
Rock climbing require supper body strength, core stability and grip endurance to hold onto surfaces for extended periods.

44. Cardiovascular endurance is the ability of the _____ to supply oxygen to the muscles during sustained physical activity.
(a) Brain
(b) Heart and lungs
(c) Digestive system
(d) Nervous system

Ans : SQP 2009

(b) Heart and lungs
Cardiovascular endurance measures how well the heart, lungs, and circulatory system deliver oxygen to working muscles during prolonged activities like running, cycling and swimming. Improved cardiovascular endurance helps increase

stamina, reduce fatigue, and enhance overall athletic performance, making it crucial for endurance-based sports.

45. Muscular strength refers to the _____ force a muscle or group of muscles can exert in a single effort.
(a) Minimum
(b) Continuous
(c) Maximum
(d) Average

Ans : COMP 2002

(c) Maximum
Muscular strength is the greatest amount of force a muscle can exert in one repetition, such as in weight lifting or performing a one-rep max bench press. It is essential for lifting, pushing, or pulling heavy objects and contributes to overall functional fitness and injury prevention.

46. Flexibility is the _____ at a joint, allowing for effective movement and reducing the risk of injury.
(a) Ability to store energy
(b) Range of motion
(c) Strength level
(d) Endurance capability

Ans : MAIN 2012

(b) Range of motion
Flexibility refers to the range of motion available at a joint, which helps prevent muscle stiffness, joint pain and injuries. Activities like yoga, gymnastics and stretching exercises improve flexibility, allowing for more efficient and controlled movements.

47. The proportion of fat, muscle, bone, and other tissues in the body is known as _____.
(a) Muscle mass
(b) Body Composition
(c) Body Structure
(d) Cardiovascular Endurance

Ans : SQP 2015

(b) Body Composition
Body composition measures the ratio of fat to lean mass (muscles, bones, and organs), influencing overall health and fitness levels. A lower fat-to-muscle ratio improves athletic performance, metabolism, and disease prevention, making body composition an essential fitness component.

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48. The ability to change direction quickly while maintaining control is called _____.
(a) Balance
(b) Agility
(c) Coordination
(d) Speed

Ans : COMP 2018

(b) Agility
Explanation : Agility allows an individual to change direction rapidly and efficiently, crucial in sports like football, basketball and badminton, where sudden movements are required. Agility training improves reaction time, footwork and overall movement efficiency.

49. The Cooper test is used to measure _____.
(a) Strength
(b) Cardiovascular endurance
(c) Coordination
(d) Flexibility

Ans : MAIN 2019

(b) Cardiovascular endurance
The Cooper Test assesses aerobic endurance by measuring how far an individual can run in 12 minutes. This test helps determine oxygen utilization efficiency and is commonly used by athletes, military personnel and fitness trainers to evaluate endurance levels.

50. Proper hydration helps regulate body temperature and prevents _____.
(a) Muscle cramps
(b) Weight gain
(c) Bone fractures
(d) Increased blood pressure

Ans : SQP 2010

(a) Muscle cramps
Staying hydrated maintains electrolyte balance, preventing muscle cramps, fatigue, and dehydration-related illnesses, which can negatively impact physical performance. Water also helps in joint lubrication, digestion and efficient nutrient transport.

51. The ability to exert force quickly, such as in jumping or sprinting, is known as _____.
(a) Endurance
(b) Power
(c) Strength
(d) Balance

Ans : MAIN 2024

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(b) Power
Power is a combination of strength and speed, allowing athletes to perform explosive movements such as sprinting, high jumps, and Olympic weight lifting. Power training helps enhance athletic performance, coordination and reaction time.

52. A sedentary lifestyle leads to a reduction in _____.
(a) Muscle mass and cardiovascular health
(b) Height and flexibility
(c) Eye coordination and digestion
(d) Blood volume and muscle memory

Ans : SQP 2021

(a) Muscle mass and cardiovascular health
Lack of physical activity weakens muscles and reduces heart and lung efficiency, leading to conditions like obesity, heart disease, and loss of strength. Regular exercise helps maintain muscle tone, heart function and overall fitness.

53. The _____ principle states that fitness levels decline when training is stopped.
(a) Overload
(b) Reversibility
(c) Progression
(d) Specificity

Ans : COMP 2023

(b) Reversibility
The Reversibility Principle states that fitness gains are lost when regular exercise is discontinued. This results in muscle atrophy, reduced endurance, and decreased strength over time, highlighting the importance of consistent training.

54. The primary energy source for muscular contractions is _____.
(a) Oxygen
(b) Protein
(c) Adenosine Triphosphate (ATP)
(d) Water

Ans : MAIN 2020

(c) Adenosine Triphosphate (ATP)
ATP (Adenosine Triphosphate) is the body's primary energy currency, fueling muscle contractions and various physiological processes. It is crucial for high-intensity exercises like sprinting and weight lifting.

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55. _____ is the ability to use different body parts together efficiently.
(a) Agility
(b) Coordination
(c) Flexibility
(d) Strength

Ans : SQP 2022

(b) Coordination
Coordination allows individuals to execute smooth and precise movements, essential in sports like tennis, table tennis, and basketball, where quick hand-eye and foot-eye coordination are required.

56. _____ is the gradual increase in exercise intensity to improve physical fitness.
(a) Overload
(b) Progression
(c) Reversibility
(d) Specificity

Ans : COMP 2007

(b) Progression
Progression ensures that workouts become more challenging over time, allowing the body to adapt and improve strength, endurance and performance.

57. The ability to maintain body stability while stationary is called _____.
(a) Dynamic balance
(b) Static balance
(c) Flexibility
(d) Speed

Ans : MAIN 2003

(b) Static balance
Static balance involves holding a stable position without movement, such as in yoga or standing balance exercises. It is essential for activities that require control and stability.

58. The primary function of flexibility exercises is to _____.
(a) Strengthen the heart
(b) Improve joint range of motion
(c) Increase body temperature
(d) Enhance lung capacity

Ans : SQP 2009

(b) Improve joint range of motion
Flexibility exercises enhance the range of motion in joints, reducing stiffness and improving movement efficiency, which lowers the risk of injuries.

ASSERTION AND REASON

59. **Assertion (A) :** Cardiovascular endurance helps in improving lung and heart efficiency.
Reason (R) : Cardiovascular endurance refers to the ability of muscles to perform repeated contractions over time.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2024

(c) A is true, but R is false.
Cardiovascular endurance improves the efficiency of the heart and lungs by ensuring a continuous supply of oxygen to muscles. However,muscular endurance refers to the ability of muscles to sustain repeated contractions over time, making the reason incorrect.

60. **Assertion (A) :** Strength training helps in increasing bone density.
Reason (R) : Weight-bearing exercises stimulate bone growth and reduce the risk of osteoporosis.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2021

(a) Both A and R are true, and R is the correct explanation of A.
Strength training, such as weight lifting and resistance exercises, promotes bone density by increasing stress on bones, stimulating growth and reducing the risk of osteoporosis.

61. **Assertion (A) :** Flexibility reduces the risk of injuries during physical activities.
Reason (R) : Improved flexibility increases the range of motion at a joint.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2023

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(a) Both A and R are true, and R is the correct explanation of A.
Flexibility enhances movement efficiency, prevents muscle stiffness, and reduces injury risks by allowing joints to move freely. Since an increased range of motion helps in injury prevention, the reason correctly explains the assertion.

62. **Assertion (A) :** Agility is an essential component of physical fitness.
Reason (R) : Agility helps in improving long-duration endurance activities.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2020

(c) A is true, but R is false.
Agility is important for quick directional changes in sports like football and badminton, but it does not improve long-duration endurance activities (which rely on cardiovascular endurance).

63. **Assertion (A) :** Strength training improves metabolism.
Reason (R) : More muscle mass increases the resting metabolic rate.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2011

(a) Both A and R are true, and R is the correct explanation of A.
Strength training leads to an increase in muscle mass, which plays a key role in burning calories at rest because muscle tissue requires more energy to maintain than fat. This results in a higher resting metabolic rate (RMR), meaning individuals with more muscle mass burn more calories even when not exercising, helping with weight management and overall metabolic efficiency.

64. **Assertion (A) :** Proper nutrition is a key factor affecting physical fitness.
Reason (R) : A balanced diet provides necessary nutrients for energy, muscle repair, and overall health.

(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2007

(a) Both A and R are true, and R is the correct explanation of A.
Nutrition plays a crucial role in fitness by providing essential vitamins, minerals, proteins, and carbohydrates required for muscle recovery, energy production and body function.

65. **Assertion (A) :** Muscular endurance is crucial for long-distance running.
Reason (R) : It refers to the ability of muscles to exert maximum force in a single effort.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2003

(c) A is true, but R is false.
Muscular endurance helps sustain repeated muscle contractions for extended periods, making it important for long-distance running. However, the reason describes muscular strength, not endurance.

66. **Assertion (A) :** Self-motivation is an essential factor in maintaining physical fitness.
Reason (R) : Without self-motivation, other factors such as training and diet may not be effective.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2004

(a) Both A and R are true, and R is the correct explanation of A.
Self-motivation drives consistency in exercise and nutrition. Even with the best diet and training plans, a lack of motivation can hinder progress.

67. **Assertion (A) :** Overload principle states that to improve fitness, one must increase exercise intensity over time.
Reason (R) : The human body adapts to physical stress by increasing strength and endurance when challenged.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2009

(a) Both A and R are true, and R is the correct explanation of A.
The overload principle ensures progress in fitness by gradually increasing workout intensity. The body adapts by becoming stronger and more resilient.

68. **Assertion (A) :** A sedentary lifestyle negatively impacts physical fitness.
Reason (R) : Inactivity reduces cardiovascular endurance, muscle strength, and flexibility over time.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2002

(a) Both A and R are true, and R is the correct explanation of A.
A sedentary lifestyle leads to poor fitness, weight gain and reduced heart function. Inactivity weakens muscles and lowers flexibility.

69. **Assertion (A) :** Body composition is an important component of physical fitness.
Reason (R) : It refers to the proportion of fat, muscle, bone, and other tissues in the body.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2017

(a) Both A and R are true, and R is the correct explanation of A.

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Body composition influences physical health and athletic performance. A lower fat-to-muscle ratio improves endurance, strength, and agility.
Here are 10 additional assertion and reason questions with detailed and expanded explanations to deepen understanding of physical fitness concepts.

70. **Assertion (A) :** Cardiovascular endurance is essential for long-duration physical activities.
Reason (R) : It allows the heart and lungs to efficiently supply oxygen to working muscles over time.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2013

(a) Both A and R are true, and R is the correct explanation of A.
Cardiovascular endurance enables the body to perform sustained physical activities such as long-distance running, cycling, and swimming by efficiently delivering oxygen and nutrients to the muscles. This is achieved through an improved heart rate, lung capacity, and blood circulation, allowing the body to resist fatigue and maintain high performance over extended periods.

71. **Assertion (A) :** A warm-up is necessary before engaging in intense physical activity.
Reason (R) : A warm-up increases blood flow, raises muscle temperature, and reduces injury risk.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2016

(a) Both A and R are true, and R is the correct explanation of A.
Warming up before exercise is crucial for gradually increasing heart rate and blood circulation, preparing muscles and joints for physical exertion. This process helps in reducing stiffness, enhancing flexibility and improving neuromuscular coordination, significantly lowering the risk of injuries like muscle strains or ligament tears.

72. **Assertion (A) :** Flexibility training reduces muscle stiffness.
Reason (R) : Stretching exercises increase the range of motion around a joint.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2014

(a) Both A and R are true, and R is the correct explanation of A.
Flexibility exercises, such as static and dynamic stretching, help to elongate muscles and improve joint mobility, which leads to a greater range of motion. This in turn reduces muscle stiffness, lowers the risk of injuries, and enhances athletic performance by allowing more fluid and controlled movements.

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73. **Assertion (A) :** Poor posture can negatively affect physical fitness.
Reason (R) : Bad posture leads to muscular imbalances and improper alignment of the spine.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2008

(a) Both A and R are true, and R is the correct explanation of A.
Maintaining poor posture for extended periods can lead to muscle imbalances, joint pain, and spinal misalignment, affecting overall physical performance and endurance. Over time, it can cause chronic back pain, reduced flexibility, and even difficulty in performing everyday movements efficiently.

74. **Assertion (A) :** Speed is an important component of fitness for sprinters.
Reason (R) : Speed allows quick movements with high efficiency and power.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2006

(a) Both A and R are true, and R is the correct explanation of A.
Speed training enhances reaction time, muscle explosiveness, and overall running efficiency, making it a critical component for sprinters. Training methods likes print drills, resistance running, and plyometrics exercises help in developing fast-twitch muscle fibers, leading to faster acceleration and quicker movements.

75. **Assertion (A) :** Lack of physical activity leads to obesity.
Reason (R) : A sedentary lifestyle reduces calorie expenditure, leading to excess fat storage.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2000

(a) Both A and R are true, and R is the correct explanation of A.
When physical activity is low, calorie consumption often exceeds energy expenditure, leading to excess fat accumulation in the body. A sedentary lifestyle increases the risk of obesity, heart disease, and metabolic disorders, making regular exercise essential for weight management and overall health.

MACHING TYPE QUESTIONS

76. Matching Physical Fitness Aspects with Definitions

Column A		**Column B**	
1.	General Fitness	A.	The ability to perform particular physical tasks tailored to sports.
2.	Specific Fitness	B.	The overall state of health and well-being.
3.	Cardiovascular Endurance	C	The efficiency of the heart and lungs in supplying oxygen.
4.	Flexibility	D	The range of motion available at a joint.

(a) 1-A, 2-B, 3-C, 4-D
(b) 1-B, 2-C, 3-D, 4-A
(c) 1-D, 2-A, 3-B, 4-C
(d) 1-C, 2-D, 3-A, 4-B

Ans : MAIN 2015

(a) 1-B, 2-A, 3-C, 4-D
Fitness relates to overall health (B), Specific Fitness is task-specific (A), Cardiovascular Endurance involves the heart and lungs (C) and Flexibility is about joint movement (D).

77. Matching Components of Physical Fitness with Functions

Column A		**Column B**	
1.	Strength	A.	Ability to sustain physical activity for long durations.
2.	Muscular Endurance	B.	Maximum force a muscle can exert in one effort.
3.	Coordination	C.	Ability to use different body parts effectively together.
4.	Agility	D.	Ability to change direction quickly while maintaining control.

(a) 1-A, 2-B, 3-C, 4-D
(b) 1-B, 2-C, 3-D, 4-A
(c) 1-D, 2-A, 3-B, 4-C
(d) 1-C, 2-D, 3-A, 4-B

Ans : SQP 2017

(d) 1-B, 2-A, 3-C, 4-D
Strength is about force exertion (B), Muscular Endurance supports long activity durations (A), Coordination helps with smooth movements (C), and Agility is about quick direction changes (D).

78. Matching Physical Fitness Benefits with Their Effects

Column A		**Column B**	
1.	Weight Reduction	A.	Enhances confidence, grooming and personality.

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2.	Strong Build	B.	Reduces body fat and prevents obesity.
3.	Mental Strength	C.	Improves memory and emotional resilience.
4.	Energy Boost	D.	Increases vitality and reduces fatigue.

(a) 1-A, 2-B, 3-C, 4-D
(b) 1-B, 2-C, 3-D, 4-A
(c) 1-D, 2-A, 3-B, 4-C
(d) 1-C, 2-D, 3-A, 4-B

Ans : COMP 2019

(c) 1-B, 2-D, 3-C, 4-A
Weight Reduction helps in fat loss (B), Strong Build strengthens the body (D), Mental Strength boosts memory (C), and Energy Boost increases vitality (A).

79. Matching Factors Affecting Physical Fitness

Column A			**Column B**
1.	Heredity	A.	Affects fitness due to genetic traits like height and muscle structure.
2.	Nutrition	B.	Ensures energy levels and muscle health with proper diet.
3.	Training	C.	Improves endurance, strength, and overall performance.
4.	Environment	D.	Impacts fitness through pollution and hygiene levels.

(a) 1-A, 2-B, 3-C, 4-D
(b) 1-B, 2-C, 3-D, 4-A
(c) 1-D, 2-A, 3-B, 4-C
(d) 1-C, 2-D, 3-A, 4-B

Ans : MAIN 2021

(a) 1-A, 2-B, 3-C, 4-D
Heredity influences physical traits (A), Nutrition is key for muscle health (B), Training enhances fitness (C), and Environment affects overall well-being (D).

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PICTURE BASED QUESTIONS

80. Identify the Fitness Component

What component of physical fitness is demonstrated in the image?
(a) Muscular Strength
(b) Cardiovascular Endurance
(c) Flexibility
(d) Power

Ans : MAIN 2024

(b) Cardiovascular Endurance
Cardiovascular endurance is the ability of the heart, lungs, and circulatory system to deliver oxygen-rich blood to muscles during prolonged physical activity. Activities like jogging, swimming and cycling improve heart function and help maintain stamina.

81. Identify the Fitness Test

Which fitness test is likely being performed in the image?
(a) Sit-and-Reach Test
(b) Cooper Test
(c) Push-Up Test
(d) Shuttle Run

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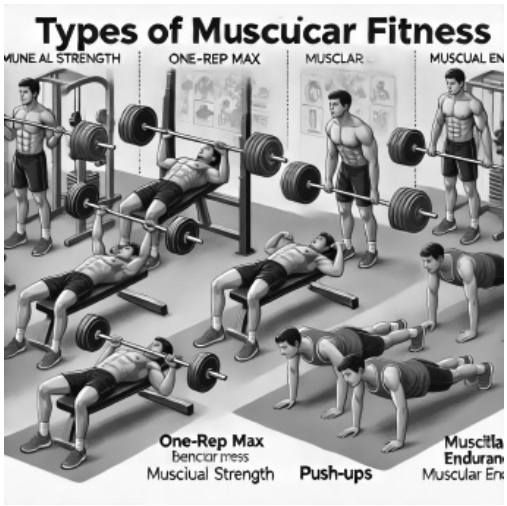
Ans : MAIN 2020

(b) Cooper Test
The Cooper Test measures cardiovascular endurance by assessing how far a person can run in 12 minutes. It is used to determine aerobic capacity and stamina.

82. Match the exercise to the type of muscular fitness:



Muscular Strength is the ability to exert maximum force in a single contraction (e.g., heavy lifting). Muscular Endurance is the ability to perform repeated muscle contractions without fatigue, important in exercises like push-ups or cycling.
Which type of muscular fitness does each exercise represent?
(A) One-rep max bench press
(B) Multiple push-ups
Options:
(a) A - Muscular Strength, B - Muscular Endurance
(b) A - Muscular Endurance, B - Muscular Strength
(c) A - Muscular Strength, B - Muscular Strength
(d) A - Muscular Endurance, B - Muscular Endurance

Ans : SQP 2022

(a) A - Muscular Strength, B - Muscular Endurance
One-rep max bench press → Muscular Strength
Muscular strength refers to the ability to exert maximum force in a single contraction. A one-rep max bench press requires a person to lift the heaviest possible weight in a single attempt, making it a test of muscular strength.
Multiple push-ups → Muscular Endurance
Muscular endurance is the ability to perform repeated muscle contractions over a period of time. Doing multiple push-ups requires the muscles to contract repeatedly without fatigue, making it a test of muscular endurance.

83. Identify the type of balance demonstrated in each case:

Static balance refers to holding a stable position, such as in yoga or standing exercises. Dynamic balance helps maintain stability while in motion, crucial for activities like cycling, running, or surfing.
Which type of balance does each activity demonstrate?
(A) Tree Pose
(B) Cycling
Options:
(a) A - Static Balance, B - Dynamic Balance
(b) A - Dynamic Balance, B - Static Balance
(c) A - Static Balance, B - Static Balance
(d) A - Dynamic Balance, B - Dynamic Balance

Ans : COMP 2023

(a) A - Static Balance, B - Dynamic Balance
Tree Pose → Static Balance
Static balance involves maintaining equilibrium while staying in a fixed position. The tree pose, commonly performed in yoga, requires the individual to hold a stable posture without movement, making it a test of static balance.
Cycling → Dynamic Balance
Dynamic balance is the ability to maintain stability while in motion. Cycling requires continuous adjustments of body position and core muscles to stay balanced while moving, making it an example of dynamic balance.

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TWO MARKS QUESTIONS

84. What is the difference between strength and power?

Ans : MAIN 2024

Strength is the amount of force muscles can exert against resistance for a short duration, such as lifting weights or body weight exercises. Power refers to the ability to perform maximum effort in the shortest time possible, like speeding through players in football or lifting heavy weights rapidly.

85. What is the meaning of Physical Fitness?

Ans : SQP 2021

Physical fitness is the ability to perform daily tasks with energy and endurance while managing leisure activities and meeting emergency demands. It ensures overall well-being and efficiency.

86. How physical fitness boosts energy in an individual?

Ans : COMP 2023

Physical fitness boosts energy by improving circulation and reducing fatigue. Regular exercise increases energy levels, making an individual feel refreshed and active.

87. Does physical fitness help in reducing obesity in an individual?

Ans : MAIN 2020

Yes, physical fitness helps in reducing obesity by burning extra calories through regular exercise. It also improves body shape and metabolism, making weight reduction one of its key benefits.

88. In what ways does physical fitness help in achieving mental strength in an individual?

Ans : SQP 2007

Physical fitness enhances mental strength by improving blood flow to the brain and boosting memory. Regular exercise and a proper diet promote mental stability and resilience, keeping the mind strong and focused.

89. Write the various components of Physical Fitness.

Ans : COMP 2003

The eight components of Physical Fitness are :
1. Cardiovascular Endurance
2. Muscular Strength
3. Speed
4. Flexibility
5. Coordinative Abilities
6. Power
7. Agility
8. Balance

90. What is strength?

Ans : MAIN 2004

Strength is the energy obtained by muscles to perform any work. It refers to the ability of muscles to exert force during activity and overcome resistance. Strength depends on the type of sport and can be improved with systematic training.

91. What do you mean by endurance?

Ans : SQP 2009

Endurance is the ability to perform actions or movements for a prolonged period without fatigue. It enables athletes to sustain activities over time.

92. What is speed?

Ans : COMP 2002

Speed is the ability to perform actions or movements at a faster rate. It can be simply defined as "the rate of motion."

93. What is flexibility?

Ans : MAIN 2017

Flexibility is the maximum range of movement possible at a joint. It is measured using a flexor-meter and depends on the structure of joints, muscles, tendons, and ligaments. Flexibility helps prevent injuries and enhances mobility.

94. What do you mean by coordinative abilities?

Ans : SQP 2013

Coordinative abilities are the capacity to use different body parts together efficiently to perform movements. It is essential in sports and daily activities requiring precision.

95. How is static balance different from dynamic balance?

Ans : COMP 2011

Static balance is the ability to maintain equilibrium in a fixed position, whereas dynamic balance refers to maintaining equilibrium while the body is in motion.

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96. What is the difference between muscular strength and muscular endurance?

Ans : MAIN 2016

(i) Muscular Strength is the maximum force a muscle or group of muscles can exert in a single effort, such as weight lifting.
(ii) Muscular Endurance is the ability of a muscle to sustain repeated contractions over time, such as in long-distance running or cycling.

97. Why is cardiovascular endurance important in physical fitness?

Ans : SQP 2014

Cardiovascular endurance ensures that the heart, lungs, and blood vessels can supply oxygen to muscles during prolonged physical activity. It improves stamina, reduces fatigue, and enhances overall athletic performance.

98. How does flexibility help prevent injuries?

Ans : COMP 2008

Flexibility increases the range of motion around joints, reducing muscle stiffness and strain. It allows smoother movement and decreases the likelihood of tears, sprains, and joint pain.

99. Define agility and give an example of a sport where it is needed.

Ans : MAIN 2006

Agility is the ability to change direction quickly while maintaining control. It is essential in sports like football, basketball and badminton, where rapid movements are required.

100. Explain the role of nutrition in physical fitness.

Ans : SQP 2001

Proper nutrition provides essential carbohydrates for energy, proteins for muscle repair, and fats for endurance. A balanced diet ensures better recovery, improved performance and overall health maintenance.

101. What is the principle of specificity in training?

Ans : COMP 2000

The Specificity Principle states that training should be targeted to the sport or activity. For example, a sprinter should focus on speed drills, while a swimmer should train in the pool.

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102. How does hydration affect athletic performance?

Ans : MAIN 2005

Proper hydration helps regulate body temperature, maintain electrolyte balance and prevent dehydration. Lack of hydration can cause muscle cramps, dizziness and decreased endurance.

103. What is body composition, and why is it important?

Ans : SQP 2012

Body composition refers to the ratio of fat, muscle, bone, and other tissues in the body. A healthy body composition reduces the risk of obesity, heart disease and metabolic disorders.

104. Why is warming up before exercise necessary?

Ans : COMP 2015

A warm-up gradually increases heart rate and blood flow to muscles, reducing the risk of injury, improving flexibility and enhancing performance.

105. How does strength training help prevent osteoporosis?

Ans : MAIN 2018

Strength training increases bone density by stimulating bone growth, reducing the risk of osteoporosis and fractures.

106. Define the term "reaction time" and explain its importance in sports.

Ans : SQP 2019

Reaction time is the ability to respond quickly to a stimulus. It is important in sports like boxing, tennis and sprinting, where quick reflexes are needed.

107. Explain the role of the overload principle in fitness training.

Ans : COMP 2010

The Overload Principle states that to improve fitness, a person must gradually increase intensity, duration or resistance. This allows the body to adapt and build strength or endurance.

108. How does sleep affect physical fitness?

Ans : MAIN 2024

Sleep aids in muscle recovery, energy restoration, and hormone balance. Lack of sleep leads to fatigue, slower reaction times and reduced athletic performance.

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109. What is static balance and dynamic balance? Give an example of each.

Ans : SQP 2021

(i) Static Balance is maintaining stability while stationary, e.g., holding a yoga pose.
(ii) Dynamic Balance is stability while moving, e.g., riding a bicycle.

110. Why is regular exercise important for mental health?

Ans : COMP 2023

Exercise release send orphins ("feel-good hormones"), reducing stress, anxiety and depression while improving mood and cognitive function.

111. What is the reversibility principle in physical fitness?

Ans : MAIN 2020

The Reversibility Principle states that when training stops, fitness levels decline. Strength, endurance and flexibility can be lost due to inactivity.

112. Explain the importance of posture in physical fitness.

Ans : SQP 2022

Good posture ensures proper spinal alignment, reduces joint strain, prevents muscle imbalances and lowers the risk of back pain.

113. What is coordination, and how does it help in sports?

Ans : MAIN 2003

Coordination is the ability to use different body parts together smoothly. It is essential in sports like table tennis, basketball and gymnastics for precision and control.

114. Why is muscular endurance important for long-distance runners?

Ans : SQP 2004

Muscular endurance allows runners to sustain effort over time without fatigue. It improves stamina, performance and efficiency in running longer distances.

115. How does interval training improve cardiovascular fitness?

Ans : COMP 2007

Interval training involves alternating between high-intensity effort and rest, improving heart efficiency, endurance and fat-burning capacity.

THREE MARKS QUESTIONS

116. Write the importance of Physical Fitness.

Ans : MAIN 2024

The importance of physical fitness includes :

1. Overall Health : Physical fitness enhances general health by improving blood circulation, boosting immunity, and reducing the risk of lifestyle diseases like obesity and heart problems.
2. Energy Boost : Regular exercise increases energy levels, making individuals feel refreshed and active throughout the day. It reduces fatigue and promotes better productivity in daily tasks.
3. Weight Management : Physical fitness helps in maintaining an ideal body weight by burning extra calories and improving metabolism. It prevents obesity and related complications.
4. Strong Build : Physical fitness strengthens muscles and bones, reducing the risk of injuries and conditions like back pain or osteoporosis.
5. Mental Strength : Exercise improves blood flow to the brain, boosting memory, focus and mental resilience. It also helps manage stress and maintain emotional stability.
6. Personality Development : Staying fit enhances appearance, confidence and self-esteem, promoting a positive and optimistic outlook on life.

117. Explain any six components of physical fitness.

Ans : SQP 2021

Components of physical fitness include :

1. Strength : Strength is the greatest amount of force that muscles can produce in a single maximal effort. It helps an individual overcome resistance. Examples include exercises such as push-ups, lifting weights, or using a medicine ball to improve strength.
2. Speed : Speed refers to the ability to perform movements quickly and consecutively at a fast rate. It is essential for sports requiring rapid movements. For example, it is used

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in activities like sprinting, long jump, or generating speed for a triple jump.

3. Endurance : Endurance is the ability of the body to sustain physical activity for a long time without getting tired. It allows individuals to resist fatigue during prolonged exercises. Continuous and interval training are examples that build endurance.
4. Agility : Agility is the ability to change direction quickly and effectively while maintaining control. For instance, in tennis or basketball, agility is needed to change direction to hit a ball or dodge an opponent.
5. Balance : Balance is the ability to maintain the body's equilibrium, either while stationary (static balance) or in motion (dynamic balance). For example, static balance is required in yoga poses, while dynamic balance is necessary when skating.
6. Accuracy : Accuracy is the ability to control movements in a specific direction or with a desired intensity. It is essential in activities like throwing a ball, delivering a strike, or aiming in archery. Precision in movement ensures success in various sports and tasks.

118. Write the importance of cardiovascular fitness.

Ans : COMP 2023

Cardiovascular fitness is essential for maintaining the efficiency of the heart, lungs, and circulatory system. It ensures the delivery of oxygen and nutrients to muscles during physical activity, allowing the body to sustain effort for longer durations. Improved cardiovascular fitness reduces the risk of heart disease, enhances endurance, and improves overall health by combating fatigue and increasing stamina.

119. What is the importance of muscular strength?

Ans : MAIN 2020

Muscular strength is crucial for performing Activities of Daily Living (ADL), such as lifting heavy objects, climbing stairs, or carrying loads. It allows individuals to exert force and complete physical tasks efficiently. Strong muscles reduce the risk of injuries and are essential for athletic performance in sports that require power, such as weight lifting or shot put. Poor muscular strength negatively impacts overall fitness and limits the ability to participate in physical activities.

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120. What is the importance of muscular endurance?

Ans : SQP 2022

Muscular endurance enables the muscles to sustain repetitive contractions over an extended period without fatigue. It bridges the gap between cardiovascular fitness and muscular strength. For instance, muscular endurance is vital in activities like cycling, swimming, or long-distance running. It relies on slow-twitch muscle fibers, which allow muscles to work efficiently for prolonged periods. Developing muscular endurance enhances performance in aerobic activities and helps individuals maintain stamina during extended workouts or physically demanding tasks.

121. Mention any four factors affecting physical fitness.

Ans : COMP 2007

The various factors that affect physical fitness are:

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1. Heredity : Hereditary factors play an important role in physical fitness and wellness. Size, shape, structure and height are influenced by genetics.
2. Nutrition : A balanced diet is crucial for wellness. Malnutrition or an unbalanced diet can negatively impact physical fitness.
3. Environment : Dirty, untidy or polluted surroundings adversely affect physical fitness. Clean and safe environments promote better health and wellness.
4. Training : Proper training improves physical fitness by enhancing strength, endurance, and skill. It includes the availability of facilities and guidance for effective training methods.
5. Illness : Diseases and injuries can impair physical fitness. Preventive and remedial measures should be adopted to maintain fitness levels.
6. Self-Motivation : Being self-motivated is essential for consistent efforts in maintaining fitness.
7. Emotional Stability : Stress and tension reduce fitness levels, so emotional stability is important to remain physically fit.
8. Lifestyle : An active lifestyle significantly improves fitness. People with improper lifestyles are likely to have lower fitness levels.

122. How do Nutrition and Lifestyle affect the physical fitness of an individual?

Ans : MAIN 2003

Nutrition : Proper nutrition ensures the body gets the required energy and nutrients for physical activities. A balanced diet supports muscle growth, energy production and overall wellness, while an unbalanced diet or malnutrition can weaken physical fitness.
Lifestyle : A healthy and active lifestyle is critical for physical fitness. Regular exercise, good habits and avoiding sedentary behavior enhance endurance, strength and overall health. Conversely, an unhealthy lifestyle can lead to fatigue, reduced stamina and poor fitness.

123. Define cardiovascular endurance and explain its importance in physical fitness.

Ans : SQP 2004

(i) Cardiovascular endurance is the ability of the heart, lungs and circulatory system to supply oxygen to muscles during sustained physical activity.
(ii) It is important because it improves stamina, heart efficiency, and lung capacity, reducing the risk of cardiovascular diseases.
(iii) Activities like running, swimming, and cycling develop cardiovascular endurance, helping individuals perform daily tasks without exhaustion.

124. Differentiate between muscular strength and muscular endurance with examples.

Ans : COMP 2009

(i) Muscular Strength refers to the ability of a muscle to exert maximum force in a single effort (e.g., lifting a heavy barbell). It is important for activities that require short bursts of power.
(ii) Muscular Endurance is the ability of a muscle to perform repeated contractions over an extended time (e.g., doing multiple push-ups). It is essential for activities like long-distance running or cycling.
(iii) While strength helps in lifting and forceful movements, endurance aids in sustained activities without fatigue.

125. How does flexibility help in injury prevention?

Ans : MAIN 2002

(i) Flexibility improves the range of motion around joints, making movements more efficient and reducing muscle stiffness.
(ii) It decreases the risk of muscle strains, ligament tears and joint pain by allowing the body to move without excessive force or restriction.
(iii) Regular stretching enhances muscle elasticity, balance and coordination, leading to better performance and reduced injury risk in sports and daily activities.

126. What is agility and why is it important in sports?

Ans : SQP 2017

(i) Agility is the ability to change direction quickly while maintaining balance and control.
(ii) It is crucial in sports like football, basketball, and badminton, where athletes must react rapidly to opponents and environmental changes.
(iii) Agility improves reaction time, movement efficiency, and injury prevention, helping athletes maneuver effectively while maintaining control of their body.

127. Explain the role of nutrition in maintaining physical fitness.

Ans : COMP 2013

(i) Carbohydrates provide immediate energy for workouts and endurance activities.
(ii) Proteins aid in muscle growth, repair and recovery, helping prevent muscle loss.
(iii) Healthy fats contribute to long-term energy reserves, while vitamins and minerals support bone strength, immune function and overall health.
(iv) A well-balanced diet is essential for optimal performance, recovery and injury prevention.

128. What is the principle of specificity in training? Provide an example.

Ans : MAIN 2011

(i) The Specificity Principle states that training should closely match the demands of the sport or activity being performed.
(ii) For example, as printer should focus on speed drills, while a swimmer should practice water-based exercises.
(iii) This ensures maximum improvement in targeted fitness areas and helps athletes enhance their sport-specific skills efficiently.

129. How does hydration impact physical performance?

Ans : SQP 2016

(i) Proper hydration helps regulate body temperature, maintain blood circulation and

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prevent dehydration.
(ii) It ensures muscle function by preventing cramps and reducing fatigue, which is critical for endurance activities.
(iii) Hydration also supports nutrient transportation and joint lubrication, leading to improved stamina, focus and athletic performance.

130. Explain body composition and its significance in fitness.

Ans : COMP 2014

(i) Body composition refers to the proportion of fat, muscle, bone and other tissues in the body.
(ii) Maintaining a healthy body composition leads to better muscle function, increased strength and a lower risk of obesity-related diseases.
(iii) Regular exercise and proper diet help in achieving a balanced ratio of fat to lean mass, ensuring better mobility, metabolism and overall health.

131. Why is warming up before exercise essential?

Ans : MAIN 2008

(i) Warming up gradually increases heart rate and blood flow to muscles, preparing them for activity.
(ii) It enhances flexibility, joint mobility and muscle elasticity, reducing the risk of strains and injuries.
(iii) A proper warm-up also mentally prepares individuals for exercise, leading to better concentration and improved performance.

132. How does strength training help prevent osteoporosis?

Ans : SQP 2006

(i) Strength training increases bone density by stimulating bone-forming cells, reducing the risk of osteoporosis.
(ii) It strengthens muscles and joints, protecting bones from excessive strain.
(iii) Regular weight-bearing exercises, such as resistance training and body weight exercises,slow down bone loss and improve overall skeletal health.

133. Define reaction time and explain its importance in sports.

Ans : COMP 2001

(i) Reaction time is the ability to respond quickly to a stimulus in sports and daily activities.
(ii) It is crucial in sports like boxing, tennis and sprinting, where split-second decisions are necessary.
(iii) Faster reaction time helps athletes make quick movements, avoid collisions and maintain competitive advantage.

134. Explain the Overload Principle and its impact on fitness improvement.

Ans : MAIN 2005

(i) The Overload Principle states that to improve fitness, individuals must gradually increase workout intensity, resistance, or duration beyond their current limits.
(ii) This forces the body to adapt, leading to muscle growth, endurance improvement, and enhanced cardiovascular function.
(iii) Progressive overload prevents fitness plateaus and ensures continued physical development and performance enhancement.

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135. How does sleep affect athletic performance?

Ans : SQP 2012

(i) Sleep plays a vital role in muscle recovery, hormone regulation, and energy restoration.
(ii) It enhances focus, reaction time, and endurance, reducing the risk of injuries caused by fatigue.
(iii) Lack of sleep leads to slower cognitive function, muscle weakness and reduced overall athletic performance.

136. Differentiate between static and dynamic balance with examples.

Ans : COMP 2015

(i) Static Balance refers to maintaining stability while stationary (e.g., standing in a tree pose in yoga).
(ii) Dynamic Balance is maintaining stability while moving (e.g., balancing while cycling).
(iii) Both types of balance are crucial for coordinated movement, sports performance and injury prevention.

137. How does exercise improve mental health?

Ans : MAIN 2018

(i) Exercise releases endorphins, which reduce stress, anxiety and depression, improving mood.

(ii) It enhances brain function, focus, and self-esteem, leading to better productivity.
(iii) Regular physical activity promotes emotional stability and overall mental well-being.

138. What is the reversibility principle in fitness training?

Ans : COMP 2018

(i) The Reversibility Principle states that fitness gains decline when training stops.
(ii) Strength, endurance, and flexibility decrease over time due to muscle atrophy and reduced cardiovascular function.
(iii) Consistent exercise is essential to maintain fitness levels and prevent performance setbacks.

CASE BASED QUESTION

139. Arjun plays football regularly but often feels exhausted after a few minutes of intense running. His coach suggests he improve his ability to sustain physical activity over long durations.
(i) Which component of physical fitness does Arjun need to develop?
(ii) What type of exercises can help him improve this component?

Ans : MAIN 2024

(i) Cardiovascular Endurance : It helps sustain physical activity for extended periods by improving the efficiency of the heart, lungs and circulatory system.
(ii) Long-distance running, swimming, and cycling can enhance cardiovascular endurance.

140. Meera is training for gymnastics and needs to improve her ability to bend, stretch, and perform movements smoothly. Her coach recommends yoga and stretching exercises.
(i) Which component of physical fitness is Meera focusing on?
(ii) Why is this component important for gymnastics?

Ans : SQP 2021

(i) Flexibility : It improves the range of motion at joints and prevents injuries.
(ii) Gymnastics requires high flexibility for movements like bending, stretching and twisting, ensuring better performance and injury prevention.

141. Rohan wants to build his upper body strength and improve his ability to lift heavy weights. His trainer asks him to perform push-ups, weight lifting and resistance training.
(i) Which component of physical fitness is Rohan working on?
(ii) How does this component benefit his overall physical fitness?

Ans : COMP 2023

(i) Muscular Strength : It is the ability of a muscle to exert force against resistance.
(ii) It helps in performing heavy physical tasks, improves posture and reduces the risk of muscle-related injuries.

142. A sports science professor explains that physical fitness consists of general and specific aspects. He highlights that one aspect involves overall health, while the other focuses on task-specific skills.
(i) What are the two primary aspects of physical fitness?
(ii) How do these aspects differ from each other?

Ans : MAIN 2020

(i) General Fitness and Specific Fitness.
(ii) (a) General fitness refers to overall health and well-being.
(b) Specific fitness refers to the ability to perform particular physical tasks or skills tailored to specific sports or activities.

143. Tanya, a long-distance runner, is advised to consume a well-balanced diet with high energy sources to support her endurance training.
(i) Which component of physical fitness is most crucial for long-distance running?
(ii) Why is proper nutrition important for enhancing this component?

Ans : SQP 2022

(i) Cardiovascular Endurance : It enables sustained physical activity by improving oxygen supply to muscles.
(ii) Proper nutrition provides energy, maintains stamina and supports muscle recovery, ensuring better endurance performance.

144. A physical education teacher explains that the body's ability to resist stress and perform daily activities efficiently is essential for maintaining a healthy lifestyle.

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(i) What is the definition of physical fitness?
(ii) Mention two key components that contribute to physical fitness.

Ans : COMP 2007

(i) Physical fitness is the ability to perform daily tasks with vigor and alertness while having sufficient energy for leisure activities and emergency demands.
(ii) Cardiovascular Endurance and Muscular Strength.

145. Amit participates in a high-jump event and needs to generate maximum force in a short period to jump higher. His coach emphasizes the importance of explosive movements.
(i) Which component of physical fitness is crucial for Amit's performance?
(ii) What type of exercises can help improve this component?

Ans : MAIN 2004

(i) Power : It combines strength and speed for explosive movements.
(ii) Jumping drills, sprinting, and explosive weight lifting exercises like snatch and clean and jerk.

146. A fitness instructor explains that maintaining an optimal ratio of fat, muscle, bone, and other tissues is necessary for good health and athletic performance.
(i) Which component of physical fitness is being discussed?
(ii) How does this component impact overall fitness levels?

Ans : SQP 2002

(i) Body Composition : It refers to the proportion of fat, muscle, bone, and other tissues in the body.
(ii) A well-balanced body composition improves physical performance, reduces the risk of diseases, and enhances overall well-being.

147. A basketball player is training to improve his ability to change direction quickly while maintaining balance and control.
(i) Which component of physical fitness is he focusing on?
(ii) Why is this component important in basketball?

Ans : COMP 2017

(i) Agility : It allows rapid directional changes while maintaining control.
(ii) It helps players dodge opponents, change movement direction quickly, and enhance overall performance on the court.

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148. Rahul is a professional cyclist who undergoes endurance training to strengthen his heart, lungs, and circulatory system.
(i) Which component of physical fitness is Rahul improving?
(ii) Name two sports where this component is essential.

Ans : MAIN 2011

(i) Cardiovascular Endurance : It allows prolonged physical activity without fatigue.
(ii) Long-distance running and swimming.

149. A sports scientist explains that some individuals are naturally more fit due to genetic traits like muscle composition, metabolism and body structure.
(i) Which factor affecting physical fitness is being discussed?
(ii) How does this factor influence an athlete's performance?

Ans : SQP 2014

(i) Heredity : Genetic traits influence physical fitness and athletic performance.
(ii) It determines body structure, muscle strength, and metabolism, affecting an individual's ability to excel in sports.

150. A school promotes hygiene and clean surroundings as part of its physical education program to help students maintain good health.
(i) Which factor affecting physical fitness is being highlighted?
(ii) How does this factor contribute to overall fitness?

Ans : COMP 2006

(i) Environment : A clean and safe environment contributes to physical well-being.
(ii) It reduces exposure to illnesses, ensures better air quality and promotes healthy living conditions.

151. A weight lifter performs explosive lifts like the snatch and clean and jerk, requiring both strength and speed.
(i) Which component of physical fitness is essential for these movements?

(ii) How does combining strength and speed benefit a weight lifter?

Ans : MAIN 2015

(i) Power : It is the ability to exert maximum force in a short time.
(ii) It allows for explosive lifting movements, enhancing overall lifting performance and efficiency.

152. An athlete is struggling with stress and anxiety, which is affecting his sports performance. His coach advises him to focus on emotional stability to maintain a positive mind set.
(i) Which additional factor affecting physical fitness is being discussed?
(ii) How does emotional stability impact physical performance?

Ans : SQP 2019

(i) Emotional Stability : It helps maintain focus and reduce stress.
(ii) It improves concentration, reduces anxiety, and enhances overall athletic performance.

153. A health expert warns that a sedentary lifestyle negatively affects physical fitness and increases the risk of diseases.
(i) Which factor affecting physical fitness is mentioned here?
(ii) What are two ways to counter the effects of a sedentary lifestyle?

Ans : COMP 2012

(i) Lifestyle : A sedentary lifestyle negatively impacts fitness levels.
(ii) Regular exercise and an active daily routine.

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CHAPTER 5

SPORTS TRAINING

SUMMARY

1. TRAINING

Training refers to the process of preparing individuals for specific tasks. In sports, training is used to enhance performance through structured physical, mental, and tactical preparation.

2. SPORTS TRAINING

Sports training is a systematic and structured process aimed at improving an athlete's or a team's performance in sports. It involves physical exercises, mental conditioning, technical skill development, and tactical strategies to prepare athletes for the highest level of competition.

3. CONCEPT OF SPORTS TRAINING

Sports training is a structured process aimed at improving an athlete's or team's performance in sports. It includes :

1. Conditioning Training : Physical preparation involving strength, endurance, and flexibility training.
2. Training of Technique : Technical preparation focusing on skills.
3. Training of Tactics : Tactical preparation emphasizing strategies and game plans.
4. Psychological Training : Mental preparation to handle pressure and enhance focus.

4. CONCEPTS FOR A SUCCESSFUL TRAINING PROGRAMME

1. **Define Goals :** Set one primary goal and several minor goals for better focus.
2. **Match Sport to Goals and Abilities :** Evaluate the physical, emotional, and social needs of the athlete to align their abilities with the chosen sport.
3. **Set Intermediate Goals :** Establish short-term, long-term, and specific goals such as general, seasonal and sessional goals.
4. **Plan Workouts :** Divide training into phases such as warm-up, skill practice, match-related practice and cool-down.
5. **Get Professional Coaching Help :** Seek expert advice to analyze the performance, correct techniques and develop a structured workout plan.
6. **Join a Club or Sports Organization :** Collaborate with others to enhance learning through group activities and competitions.
7. **Maintain Year-round Fitness :** Incorporate rest and recovery during the off-season while focusing on building strength, endurance, and aerobic capacity for consistent improvement.
8. **Prevent Injuries :** To minimize the risk of injuries, dedicate time to warming up, stretching, and cooling down during every workout session. Proper protective equipment and adherence to rules are essential for injury prevention.
9. **Use Sport-Specific Training :** This involves practicing activities that develop neuromuscular coordination and skills specific to a sport. Depending on the sport, it may also enhance cardiovascular fitness, endurance, strength and speed.
10. **Enjoy the Training :** Overtraining, poorly set goals, or unrealistic expectations can cause athletes to lose interest in their sport. Creating an enjoyable training environment helps sustain motivation and commitment.

5. AIM AND IMPORTANCE OF SPORTS TRAINING

1. Builds strength and endurance.
2. Builds motivation.
3. Improves knowledge of respective sports.
4. Increases muscle tone.
5. Improves agility.
6. Enhances waste product disposal.
7. Reduces the risk of injury and illness.
8. Increases self-esteem.
9. Improves skill levels.
10. Builds confidence.

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11. Facilitates good circulation.
12. Improves flexibility.
13. Speeds up recovery time.
14. Improves concentration.

6. PRINCIPLES OF SPORTS TRAINING

1. **Principle of Individuality :** Each athlete responds differently to the same training stimulus due to factors such as genetics, maturity, nutrition, environment, motivation, stress, and injury. Training programs must be personalized to suit individual needs.
2. **Principle of Specificity :** Training should target specific energy pathways, enzyme systems, and muscle fibers for desired adaptations. For example, strength training improves strength but has minimal impact on endurance. A balanced program should incorporate aerobic, anaerobic, speed, and flexibility elements to prevent imbalances and injuries.
3. **Principle of Progression :** Gradual progression in training load is crucial. Overloading too quickly may lead to injuries or muscle damage, while stagnation in load prevents improvements. Proper rest and recovery are equally essential.
4. **Principle of Overload :** The training load should exceed the normal activity level to stimulate improvement. Gradual increases in load, volume, and intensity allow the body to adapt. However, excessive overload without rest can lead to fatigue and regression in performance.
5. **Principle of Adaptation :** The body adapts to consistent demands over time. Sudden and significant changes in intensity can cause injury, illness, or overtraining. Gradual and sustained changes are more effective for improvement.
6. **Principle of Recovery :** Rest and recovery allow the body to regenerate and become stronger. Training schedules should include proper intervals between activities to prevent overtraining and support consistent progress.
7. **Principle of Reversibility :** Regular training is essential to maintain fitness levels. Prolonged breaks can lead to regression, while consistency in training ensures retention of pre training fitness.
8. **Principle of Variance :** Training programs should include variety to prevent monotony and maintain motivation. Adjusting intensity, duration, and exercises reduces the risk of overtraining and staleness.
9. **Principle of Frequency :** The frequency of training sessions should increase gradually. Incorporating more sessions per week helps enhance fitness over time without overburdening the athlete.
10. **Principle of Continuity :** Training should be a continuous process with minimal breaks. Prolonged inactivity can reduce the physical and psychological capacities of athletes. The interval between training sessions should be regular long enough for recovery but not too long to lose momentum.
11. **Principle of Active Participation :** The effectiveness of training relies on the active involvement of athletes. It is a combined effort of the athlete and the coach. For the training program to succeed, athletes must willingly participate and engage in the activities.
12. **Principle of Periodisation :** Training is divided into cycles, typically lasting three weeks, followed by a recovery week. High-intensity phases focus on skill acquisition, while periods of lower volume and intensity are reserved for recovery and preparation for the next cycle.
13. **Principle of Intensity :** This principle emphasizes the balance between sufficient intensity to challenge the body for adaptation and avoiding overtraining. It defines how much effort should be put into a session, ensuring it is neither too light nor overly taxing.

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MULTIPLE CHOICE QUESTION

1. The process of preparation of a sportsman, based on scientific and technical principles, for higher performance is called :
(a) Sport times.
(b) Sports Training.
(c) Physical education.
(d) Physical fitness.

Ans : MAIN 2024

(b) Sports Training.
Sports training is a specialized process that involves the preparation of sports persons based on scientific principles. It aims to improve and maintain their performance capacity in various sports activities.

2. The training by an athlete should be followed without any break. Which principle does it refer to?
(a) Principle of Continuity
(b) Principle of Adaptation
(c) Principle of Overload
(d) Principle of Progression

Ans : COMP 2021

(a) Principle of Continuity
Training must be continuous without any breaks, as it emphasizes the importance of consistent practice.

3. Which of the following exercises helps the body to gradually make the transition to a resting state?
(a) Jogging
(b) Cooling down
(c) Warm-up
(d) Sprinting

Ans : SQP 2023

(b) Cooling down
Cooling down refers to light exercises that allow the body to transition to a resting or near-resting state after intense activity.

4. The principle of _____ refers to the process of the body getting used to training through regular repetition.
(a) Recovery
(b) Adaptation
(c) Reversibility
(d) Specificity

Ans : MAIN 2020

(c) Reversibility
Reversibility indicates that the body adjusts to training stimuli through repeated activities over time.

5. In periodisation, the year is divided into how many periods?
(a) Two
(b) Four
(c) Three
(d) Six

Ans : COMP 2022

(c) Three
Periodisation divides the year into three cycles to maximize training effectiveness and results.

6. The athlete must be given training as per the needs of the game. Which principle does it refer to?
(a) Principle of Individuality
(b) Principle of Specificity
(c) Principle of Adaptation
(d) Principle of Progression

Ans : SQP 2007

(b) Principle of Specificity
The principle of specificity ensures that training is tailored to the demands of a specific sport or game.

7. All athletes must continually work harder to improve as their bodies adjust to existing workouts. This is called :
(a) Principle of Recovery
(b) Principle of Specificity
(c) Principle of Frequency
(d) Principle of Overload

Ans : COMP 2003

(d) Principle of Overload
The overload principle highlights that progressively increasing workout intensity leads to improved strength and fitness.

8. Short and long periods of rest between exercise sessions are necessary. This is the principle of :
(a) Adaptation
(b) Specificity
(c) Recovery
(d) Variance

Ans : SQP 2004

(c) Recovery
Recovery ensures that the body has adequate time to repair and strengthen itself after intense training.

9. Performance and physical adaptation can deteriorate if training stops. This is known as :
(a) Healthy participation
(b) Principle of Intensity
(c) Principle of Reversibility
(d) Principle of Specificity

Ans : MAIN 2009

(c) Principle of Reversibility
Reversibility means that if training ceases, the physical improvements and adaptations made can diminish over time.

10. Which of the following is NOT the phase of periodisation?
(a) Resting phase (b) Preparatory phase
(c) Competitive phase (d) Transition phase

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Ans : COMP 2002

(a) Resting phase
Periodisation does not include a "resting phase"; it typically consists of preparatory, competitive, and transition phases.

11. This principle of sports training states that people respond differently to a given training stimulus :
(a) Principle of Individuality
(b) Principle of Adaptation
(c) Principle of Reversibility
(d) Principle of Variance

Ans : MAIN 2017

(a) Principle of Individuality
Individuality recognizes that each person responds uniquely to training due to factors like genetics and fitness levels.

12. Which of the following is NOT a cycle of periodisation?
(a) Meso cycle
(b) Macro cycle
(c) Micro cycle
(d) Nano cycle

Ans : COMP 2013

(d) Nano cycle
Periodisation includes macro, meso, and micro cycles, but "nano cycle" is not a recognized term in this context.

13. What is the primary goal of sports training?
(a) To entertain athletes
(b) To improve athletic performance
(c) To reduce the need for exercise
(d) To replace physical education

Ans : SQP 2011

(b) To improve athletic performance
The main objective of sports training is to enhance an athlete's physical, technical, and mental abilities to maximize performance in their chosen sport. This is achieved through structured training programs that focus on endurance, strength, agility, skills and strategic planning.

14. Which of the following is NOT a component of sports training?
(a) Conditioning Training
(b) Technical Training
(c) Psychological Training
(d) Social Media Training

Ans : MAIN 2016

(d) Social Media Training
Sports training comprises different elements, including physical conditioning to improve strength and endurance, technical training to refine sports-specific skills, tactical training to develop strategies, and psychological training to improve focus and mental resilience. However, social media training is unrelated to the physical and mental aspects of sports performance.

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15. What is the first step in a successful training program?
(a) Preventing injuries
(b) Defining goals
(c) Hiring a coach
(d) Joining a sports club

Ans : COMP 2014

(b) Defining goals
Setting clear and realistic goals is the foundation of any effective training program. Goals should be specific, measurable, attainable, relevant, and time-bound (SMART). Defining a primary goal along with smaller, short-term objectives helps athletes stay focused and track their progress throughout their training regimen.

16. Which type of training focuses on strategies and game plans?
(a) Psychological Training
(b) Technical Training
(c) Tactical Training
(d) Endurance Training

Ans : SQP 2008

(c) Tactical Training
Tactical training is crucial for developing strategic thinking and decision-making skills. It involves learning game strategies, opponent analysis, and situational awareness. Athletes and teams use tactical training to anticipate opponents' moves and implement effective counter-strategies, improving their competitive advantage.

17. Why is it essential to maintain year-round fitness?
(a) To eliminate the need for rest
(b) To ensure continuous improvement
(c) To avoid competition
(d) To reduce muscle strength

Ans : MAIN 2006

(b) To ensure continuous improvement
Athletes must maintain fitness levels throughout the year, including the off-season. A consistent training schedule prevents regression in

performance, reduces the risk of injury and allows athletes to build strength, endurance and aerobic capacity gradually. Taking complete breaks can lead to muscle loss, reduced agility and decreased stamina.

18. What is the principle of overload in sports training?
(a) Training should be easy and comfortable
(b) Athletes should only train at their normal activity level
(c) The training load should be higher than the normal activity level to stimulate improvement
(d) Athletes should avoid increasing their workout intensity

Ans : COMP 2001

(c) The training load should be higher than the normal activity level to stimulate improvement
The principle of overload states that for an athlete to improve, they must push their body beyond its current limits. This is done by gradually increasing the intensity, volume, or difficulty of workouts. However, this increase should be carefully managed to avoid excessive strain, which could lead to overtraining or injury.

19. What does the principle of reversibility state?
(a) Training can be skipped without affecting performance
(b) Prolonged breaks from training can lead to a decline in fitness levels
(c) Training should always be at the highest intensity
(d) Training programs should never change

Ans : SQP 2000

(b) Prolonged breaks from training can lead to a decline in fitness levels
The principle of reversibility suggests that if an athlete stops training for an extended period, they will lose the physical and technical gains they have made. Strength, endurance, flexibility, and coordination can decline significantly, and it may take time to regain lost progress. This is why consistent training is necessary to maintain peak performance.

20. Why is psychological training important in sports?
(a) It helps improve social media presence
(b) It enhances focus and helps athletes handle pressure
(c) It replaces physical conditioning
(d) It eliminates the need for tactical training

Ans : SQP 2005

(b) It enhances focus and helps athletes handle pressure
Psychological training is essential for an athlete's mental toughness, confidence, and ability to perform under pressure. Techniques such as visualization, meditation, and stress management help athletes stay calm and focused during competitions. A strong mental game can be the difference between winning and losing.

21. Which principle of sports training emphasizes gradual progression in training load?
(a) Principle of Individuality
(b) Principle of Overload
(c) Principle of Progression
(d) Principle of Specificity

Ans : MAIN 2012

(c) Principle of Progression
According to the principle of progression, athletes should gradually increase the intensity, volume, or complexity of their training to prevent injury and promote continuous improvement. If training intensity is increased too quickly, it may result in overtraining or injuries, whereas if it is not increased at all, progress will plateau.

22. What is the principle of specificity?
(a) Training should target specific energy pathways and muscle groups for desired adaptations
(b) Training should be the same for all athletes
(c) Training should be random for variety
(d) Training should focus only on endurance

Ans : COMP 2015

(a) Training should target specific energy pathways and muscle groups for desired adaptations
The principle of specificity means that training must be tailored to the sport's requirements. For example, a sprinter focuses on explosive speed drills, while a marathon runner emphasizes endurance training. Training unrelated to an athlete's sport will not yield the best performance improvements.

23. Why is the principle of recovery important?
(a) It allows athletes to take long breaks from training
(b) It prevents overtraining and supports consistent progress
(c) It encourages training without rest
(d) It eliminates the need for proper nutrition

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Ans : SQP 2018

(b) It prevents overtraining and supports consistent progress

Recovery is a crucial component of any training program. Rest periods allow muscles to repair, preventing fatigue and reducing the risk of injuries. Athletes who overtrain without allowing sufficient recovery time may experience burnout, muscle damage, and decreased performance.

24. How can athletes prevent injuries during training?
(a) Avoiding warm-ups and cool-downs
(b) Using proper protective equipment and following rules
(c) Training without breaks
(d) Skipping workouts regularly

Ans : MAIN 2019

(b) Using proper protective equipment and following rules

Injuries can be minimized through proper warm-ups, stretching, and the use of appropriate protective gear such as helmets, padding, or braces. Additionally, athletes must adhere to safety rules and training guidelines to prevent unnecessary risks.

25. What is the principle of periodisation in sports training?
(a) Training should be continuous without any changes
(b) Training should be divided into cycles with varying intensities
(c) Training should focus only on endurance
(d) Training should never change throughout the year

Ans : COMP 2010

(b) Training should be divided into cycles with varying intensities

Periodisation involves structuring training into different cycles, such as preparatory, competitive, and recovery phases. This method prevents overtraining, ensures peak performance during competitions, and allows for gradual improvement in skills and fitness.

26. Why is variation in training important?
(a) It prevents monotony and keeps motivation high
(b) It ensures athletes train the same way every day
(c) It eliminates the need for planning workouts
(d) It makes athletes avoid progress

Ans : SQP 2024

(a) It prevents monotony and keeps motivation high

The principle of variance ensures that training remains engaging and prevents athletes from becoming mentally and physically fatigued. Adding variety to workouts helps improve different muscle groups, prevents injuries and keeps athletes motivated.

27. What is the main purpose of conditioning training?
(a) To develop social skills
(b) To improve physical strength, endurance, and flexibility
(c) To replace technical training
(d) To avoid injuries completely

Ans : MAIN 2021

(b) To improve physical strength, endurance, and flexibility

Conditioning training is fundamental in sports as it helps athletes build the physical attributes necessary for their specific sport. It focuses on improving muscular strength, cardiovascular endurance and flexibility, which are essential for maintaining peak performance. Without proper conditioning, athletes are more prone to injuries, fatigue and decreased performance levels. Conditioning training typically includes exercises like weight lifting, running, stretching and polymetrics.

28. Why is setting intermediate goals important in sports training?
(a) To replace the need for professional coaching
(b) To track progress in short-term and long-term training phases
(c) To discourage athletes from making mistakes
(d) To ensure that training remains easy and comfortable

Ans : COMP 2023

(b) To track progress in short-term and long-term training phases

Intermediate goals act as milestones that help athletes measure progress over time. Instead of focusing only on an ultimate goal, breaking down objectives into seasonal, sessional, or short-term goals allows for gradual improvement and sustained motivation. For instance, a long-distance runner may set goals such as improving their 5K time before aiming for a marathon. Without these intermediate steps, athletes may

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feel overwhelmed and demotivated.

29. Which principle of sports training states that each athlete responds differently to the same training stimulus?
(a) Principle of Specificity
(b) Principle of Overload
(c) Principle of Individuality
(d) Principle of Periodisation

Ans : SQP 2020

(c) Principle of Individuality
The principle of individuality highlights that no two athletes respond to the same training program in the exact same way. Factors such as genetics, fitness level, nutrition, motivation, and past injuries influence how an individual adapts to training. For example, one athlete might improve endurance rapidly, while another might need more time. A good coach tailors training plans based on an athlete's specific needs rather than using a one-size-fits-all approach.

30. What does the principle of continuity emphasize?
(a) Training should include long breaks for rest
(b) Training should be a continuous process with minimal gaps
(c) Training should only be conducted in specific seasons
(d) Training must always be high-intensity

Ans : MAIN 2022

(b) Training should be a continuous process with minimal gaps
The principle of continuity emphasizes that training must be ongoing and consistent to maintain and improve performance. Long gaps in training can lead to a decline in fitness levels, loss of muscle strength, and reduced coordination. Athletes who train sporadically are at risk of performance setbacks, making it essential to follow a structured and regular training plan that allows for steady progress.

31. Which of the following is an example of sport-specific training?
(a) A soccer player practicing weight lifting
(b) A sprinter working on explosive starts and acceleration
(c) A swimmer jogging long distances
(d) A basketball player doing gymnastics

Ans : COMP 2008

(b) A sprinter working on explosive starts and acceleration
Sport-specific training involves exercises and drills that directly enhance an athlete's ability in their chosen sport. A sprinter benefits from practicing explosive starts because quick acceleration is critical for their performance. While general fitness exercises like weight lifting or jogging can contribute to overall conditioning, they are not as directly beneficial as targeted drills designed to mimic the movements used in competition.

32. Why is warm-up an essential part of a training session?
(a) To increase body temperature and reduce injury risk
(b) To replace the need for a workout
(c) To make training longer and harder
(d) To prevent endurance training

Ans : SQP 2005

(a) To increase body temperature and reduce injury risk
A proper warm-up prepares the body for physical exertion by increasing heart rate, blood flow, and muscle temperature. This reduces the risk of injury by loosening up muscles and improving flexibility. A good warm-up consists of light cardio, dynamic stretches, and sport-specific drills that gradually prepare the body for more intense activity.

33. What is the purpose of cooling down after exercise?
(a) To prepare the body for the next training session
(b) To stop exercise immediately
(c) To increase fatigue
(d) To prevent hydration

Ans : MAIN 2006

(a) To prepare the body for the next training session
Cooling down after training helps the body transition from intense activity to a resting state. It prevents dizziness and muscle stiffness by gradually decreasing heart rate and blood pressure. Cooling down often includes light jogging, stretching, and deep breathing exercises to aid in muscle recovery and prevent soreness.

34. How does training enhance waste product disposal?
(a) By increasing oxygen supply to muscles
(b) By reducing metabolism
(c) By causing muscle cramps
(d) By restricting blood flow

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Ans : COMP 2001

(a) By increasing oxygen supply to muscles
Intense training leads to the production of waste products like lactic acid in muscles. A well-conditioned body removes these waste products more efficiently by increasing blood flow and oxygen supply. This enhances recovery and reduces muscle soreness, allowing athletes to train more effectively.

35. Which of the following is a sign of overtraining?
(a) Increased motivation
(b) Improved endurance
(c) Decreased performance and chronic fatigue
(d) Increased flexibility

Ans : SQP 2012

(c) Decreased performance and chronic fatigue
Overtraining occurs when an athlete does not allow enough time for recovery, leading to persistent fatigue, decreased performance, mood swings, and increased risk of injury. Rest and proper recovery strategies are essential to avoid burnout.

36. Why is professional coaching recommended in sports training?
(a) To replace self-discipline
(b) To analyze performance and correct techniques
(c) To avoid training
(d) To reduce training intensity

Ans : MAIN 2015

(b) To analyze performance and correct techniques
Coaches provide expert analysis, identify areas for improvement, and help correct technical mistakes. Professional coaching ensures that training is effective and tailored to an athlete's needs, maximizing their potential.

37. Which training principle ensures the balance between effort and preventing burnout?
(a) Principle of Overload
(b) Principle of Intensity
(c) Principle of Reversibility
(d) Principle of Individuality

Ans : COMP 2018

(b) Principle of Intensity
Training intensity must be carefully balanced to avoid exhaustion while ensuring continuous improvement. If intensity is too high, it can lead to fatigue and injuries; if too low, it will not yield significant progress.

38. What is periodisation in sports training?
(a) Randomized workout scheduling
(b) Systematic division of training into phases
(c) Training only during competition
(d) Avoiding rest phases

Ans : SQP 2019

(b) Systematic division of training into phases
Periodisation organizes training into cycles to optimize performance while preventing overtraining. It typically includes preparation, competition and recovery phases, each designed to develop specific skills and physical abilities.

39. Why is variation in training important?
(a) It prevents monotony and keeps motivation high
(b) It ensures athletes train the same way every day
(c) It eliminates the need for planning workouts
(d) It makes athletes avoid progress

Ans : MAIN 2010

(a) It prevents monotony and keeps motivation high
Variety in training helps athletes stay engaged and reduces mental fatigue. It also ensures well-rounded physical development by targeting different muscle groups and energy systems.

40. Training is the process of preparing individuals for specific tasks. In sports, training is used to enhance performance through structured _____, mental and tactical preparation.
(a) Recreational
(b) Physical
(c) Theoretical
(d) Passive

Ans : MAIN 2007

(b) Physical
Training in sports includes physical, mental, and tactical preparation to improve an athlete's performance.

41. Sports training is a systematic and structured process aimed at improving an athlete's or a team's performance. It includes conditioning training, technique training, tactical training and _____ training.
(a) Educational
(b) Nutritional
(c) Psychological
(d) Recreational

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Ans : COMP 2003

(c) Psychological
Psychological training helps athletes develop mental resilience, focus, and the ability to handle pressure.

42. One of the key principles of sports training is the Principle of _____, which states that training should be specific to the energy systems and muscle groups used in a particular sport.
(a) Progression
(b) Specificity
(c) Reversibility
(d) Continuity

Ans : SQP 2004

(b) Specificity
The Principle of Specificity emphasizes that training should be designed according to the demands of the sport for optimal performance improvement.

43. The Principle of _____ emphasizes that athletes must be actively engaged in the training process for it to be effective.
(a) Active Participation
(b) Reversibility
(c) Adaptation
(d) Periodisation

Ans : SQP 2017

(a) Active Participation
Training is most effective when athletes take an active role, showing commitment and motivation toward their development.

44. According to the Principle of _____, taking extended breaks from training can lead to a decline in fitness levels.
(a) Continuity
(b) Overload
(c) Recovery
(d) Reversibility

Ans : MAIN 2022

(d) Reversibility
The Principle of Reversibility states that discontinuing training can lead to a loss of fitness and skills over time.

45. The concept of periodisation divides training into structured cycles, typically lasting _____ weeks, followed by a recovery phase.
(a) One (b) Three
(c) Five (d) Seven

Ans : COMP 2021

(b) Three
Periodisation is the planned variation of training intensity and volume over a cycle, often three weeks of hard training followed by a recovery week.

46. To minimize the risk of injuries, it is essential to incorporate _____ before and after training sessions.
(a) High-intensity drills
(b) Weight lifting
(c) Warming up and cooling down
(d) High-impact exercises

Ans : SQP 2013

(c) Warming up and cooling down
Warm-ups prepare the body for exercise, while cool-downs aid in muscle recovery and reduce the risk of injuries.

47. Setting one primary goal and several minor goals helps athletes stay focused and motivated. This aligns with the concept of _____.
(a) Tactical planning
(b) Goal setting
(c) Strength conditioning
(d) Overload training

Ans : COMP 2014

(b) Goal setting
Goal setting provides direction, motivation, and measurable benchmarks to track progress in training.

48. The Principle of _____ states that training should gradually increase in intensity, volume and complexity to avoid injury and ensure continued progress.
(a) Adaptation
(b) Progression
(c) Recovery
(d) Overload

Ans : MAIN 2009

(b) Progression
The Principle of Progression ensures that the training load increases at a manageable pace to allow the body to adapt and improve.

49. To avoid monotony and maintain motivation, the Principle of _____ suggests incorporating variety into training sessions.
(a) Frequency (b) Intensity
(c) Variance (d) Continuity

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Ans : COMP 2002

(c) Variance
Variance in training helps prevent boredom, reduces the risk of overuse injuries, and maintains enthusiasm for training.

ASSERTION AND REASON

50. **Assertion (A) :** Conditioning training is essential for athletes as it improves strength, endurance, and flexibility.
Reason (R) : Conditioning training helps athletes develop sport-specific technical skills.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is NOT the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2024

(c) A is true, but R is false.
Conditioning training improves an athlete's physical abilities, including strength, endurance, and flexibility, which are necessary for overall performance. However, technical skills are developed separately through technical training, not conditioning training.

51. **Assertion (A) :** The principle of overload states that training intensity should be increased beyond normal activity levels to improve performance.
Reason (R) : If training intensity remains constant without progressive overload, the athlete will continue to improve at the same rate.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is NOT the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2023

(c) A is true, but R is false.
The principle of overload requires increasing the training load over time to stimulate adaptation. If training intensity remains constant, the athlete's progress will stagnate rather than continue to improve.

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52. **Assertion (A) :** The principle of reversibility states that if training is stopped for an extended period, fitness levels will decline.
Reason (R) : Regular training ensures that fitness gains are maintained, and long breaks may result in loss of strength, endurance, and flexibility.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is NOT the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2021

(a) Both A and R are true, and R is the correct explanation of A.
The principle of reversibility explains that without regular training, fitness levels regress. Consistent exercise helps maintain muscle tone, endurance, and agility, preventing performance decline.

53. **Assertion (A) :** Tactical training in sports focuses on improving endurance and strength.
Reason (R) : Tactical training is primarily concerned with strategies, game plans, and decision-making.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is NOT the correct explanation of A.
(c) A is false, but R is true.
(d) A is true, but R is false.

Ans : MAIN 2022

(c) A is false, but R is true.
Tactical training is about understanding game strategies, formations, and opponent analysis, not improving endurance or strength. Endurance and strength are improved through conditioning training.

54. **Assertion (A) :** The principle of specificity states that training should be tailored to match the physical demands of a specific sport.
Reason (R) : A long-distance runner will benefit more from explosive sprinting drills than endurance training.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is NOT the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

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Ans : COMP 2020

(c) A is true, but R is false.
The principle of specificity means that an athlete's training should mimic the sport they participate in. A long-distance runner primarily benefits from endurance training rather than explosive sprinting drills, which are more suitable for sprinters.

55. **Assertion (A) :** Psychological training helps athletes manage stress, increase focus, and build mental resilience.
Reason (R) : Mental strength has no impact on an athlete's overall performance in competition.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is NOT the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2007

(c) A is true, but R is false.
Psychological training is crucial for handling competitive pressure, maintaining focus, and boosting confidence. Mental strength plays a significant role in an athlete's performance, contrary to what the reason suggests.

56. **Assertion (A) :** The principle of recovery states that adequate rest is necessary for an athlete's body to heal and strengthen.
Reason (R) : Overtraining can lead to muscle fatigue, injuries, and decreased performance.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is NOT the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2003

(a) Both A and R are true, and R is the correct explanation of A.
The principle of recovery emphasizes that without sufficient rest, athletes may suffer from fatigue, poor performance, and injury. leads to burnout, making recovery periods essential.

57. **Assertion (A) :** Periodisation in sports training involves dividing training into structured cycles to maximize performance.
Reason (R) : Periodisation ensures that an athlete continuously trains at the same intensity throughout the year without any variations.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is NOT the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2004

(c) A is true, but R is false.
Periodisation structures training into phases (preparatory, competition, and recovery) to optimize performance. It involves varying intensity, volume, and type of training, contrary to the reason, which incorrectly states that intensity remains the same.

58. **Assertion (A) :** A proper warm-up before training helps prevent injuries and prepares the body for physical exertion.
Reason (R) : Warming up before a workout increases blood flow to muscles, improves flexibility, and enhances coordination.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is NOT the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2009

(a) Both A and R are true, and R is the correct explanation of A.
A warm-up gradually increases heart rate and circulation, which prepares muscles for activity and reduces injury risk. enhance flexibility and coordination, making physical activity more efficient.

59. **Assertion (A) :** Sports training should be enjoyable to keep athletes motivated.
Reason (R) : Overtraining, unrealistic expectations, and poor goal setting can cause athletes to lose interest in their sport.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is NOT the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2002

(a) Both A and R are true, and R is the correct explanation of A.

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Enjoyment and motivation are key to long-term athletic success. Overtraining, poorly defined goals, and excessive pressure can lead to burnout, causing athletes to lose interest in their sport.

60. **Assertion (A) :** The principle of intensity ensures that training sessions are neither too easy nor too difficult.
Reason (R) : If training intensity is too high, athletes may experience burnout, while if it is too low, there may be no significant improvement.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is NOT the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2017

(a) Both A and R are true, and R is the correct explanation of A.
Training intensity is crucial for progress. If the intensity is too low, it won't stimulate improvement. However, if it is too high, it may lead to fatigue, overtraining, or injury. A well-balanced intensity ensures continuous progress while preventing burnout.

61. **Assertion (A) :** The principle of frequency states that increasing the number of training sessions per week improves performance.
Reason (R) : Athletes should increase their training frequency rapidly without considering recovery time.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is NOT the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2013

(c) A is true, but R is false.
Increasing training frequency can enhance performance, but it must be done progressively. Sudden increases in training without adequate recovery can lead to overtraining, exhaustion, and injuries.

62. **Assertion (A) :** Preventing injuries is an essential aspect of any training program.
Reason (R) : Proper warm-ups, cool-downs, and use of protective equipment help reduce the risk of injuries.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is NOT the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2011

(a) Both A and R are true, and R is the correct explanation of A.
Injury prevention is a critical part of sports training. Warm-ups prepare the muscles for exertion, cool-downs prevent stiffness, and using protective gear minimizes risks. Adhering to safety measures ensures athletes remain healthy and perform at their best.

63. **Assertion (A) :** The principle of variance suggests that training programs should include variety to prevent monotony.
Reason (R) : Repetitive training can lead to overuse injuries, boredom, and decreased motivation.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is NOT the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2016

(a) Both A and R are true, and R is the correct explanation of A.
Variety in training ensures that athletes remain motivated and engaged. Repetitive exercises may cause mental fatigue and increase the risk of overuse injuries, making it important to introduce new drills and activities regularly.

64. **Assertion (A) :** Sports training improves circulation and enhances waste product disposal.
Reason (R) : Regular physical activity increases blood flow, which helps muscles receive more oxygen and remove metabolic waste.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is NOT the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2014

(a) Both A and R are true, and R is the correct explanation of A.

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Exercise promotes blood circulation, supplying muscles with oxygen and nutrients while removing metabolic waste such as lactic acid. This reduces fatigue and speeds up recovery, allowing athletes to maintain peak performance.

65. **Assertion (A) :** The principle of periodisation divides training into structured cycles.
Reason (R) : Athletes should follow the same training routine throughout the year without any variation in intensity or focus.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is NOT the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2008

(c) A is true, but R is false.
Periodisation involves dividing training into different phases (preparatory, competition, recovery) to optimize performance. Maintaining the same routine year-round is ineffective and increases the risk of overtraining or stagnation.

66. **Assertion (A) :** A proper cool-down session helps in faster muscle recovery.
Reason (R) : Cool-down exercises reduce heart rate gradually and prevent stiffness in muscles.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is NOT the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2006

(a) Both A and R are true, and R is the correct explanation of A.
Cooling down allows the heart rate to return to normal and helps in the removal of metabolic waste. It also prevents muscle stiffness and soreness, facilitating better recovery.

67. **Assertion (A) :** The principle of progression states that training intensity should be increased gradually.
Reason (R) : Sudden increases in training load may lead to injuries and hinder performance.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is NOT the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2001

(a) Both A and R are true, and R is the correct explanation of A.
The principle of progression emphasizes a step-by-step increase in training load to allow the body to adapt. Rapid increases in intensity may result in muscle strain, fatigue, or injuries.

68. **Assertion (A) :** Training programs should align with an athlete's physical abilities and sport requirements.
Reason (R) : Mismatched training programs may lead to ineffective results and increase injury risk.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is NOT the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2005

(a) Both A and R are true, and R is the correct explanation of A.
Training programs should be customized based on an athlete's physical condition, sport, and goals. A mismatch can result in ineffective results and increased susceptibility to injuries due to inappropriate exercises.

69. **Assertion (A) :** Sports training builds confidence and self-esteem in athletes.
Reason (R) : As athletes improve their skills and achieve goals, they develop a sense of accomplishment and motivation.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is NOT the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2019

(a) Both A and R are true, and R is the correct explanation of A.
Training provides athletes with opportunities to enhance their abilities and set realistic goals. Achieving milestones builds confidence, motivation, and a positive mindset toward competition and performance.

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MACHING TYPE QUESTIONS

70. Match the Following : Principles of Sports Training

Column I (Principles)		Column II (Description)	
(I)	Principle of Overload	1.	Variety helps prevent boredom and injuries.
(II)	Principle of Continuity	2.	Increasing training intensity gradually.
(III)	Principle of Variance	3.	Training must be specific to the sport.
(IV)	Principle of Specificity	4.	Training should be continuous.

(a) I-1, II-2, III-3, IV-4
(b) I-4, II-3, III-2, IV-1
(c) I-1, II-3, III-4, IV-2
(d) I-2, II-4, III-1, IV-3

Ans : COMP 2024

(b) I-4, II-3, III-2, IV-1
Principle of Overload : Training should be continuous (I-4)
Overload is about increasing intensity, not continuity.
Principle of Continuity : Training must be specific to the sport ((II-3)
Continuity focuses on consistency, not sport specificity.
Principle of Variance : Increasing training intensity gradually (III-2)
Variance prevents boredom, but overload increases intensity.
Principle of Specificity : Variety helps prevent boredom and injuries (IV-1)
Specificity focuses on sport-based training, not variety.

71. Match the Following : Components of Sports Training

Column I (Training Types)			Column II (Sequenced Order)
(I)	Conditioning Training	1.	Tactical preparation for competition.
(II)	Training of Tactics	2.	Developing technical skills.
(III)	Training of Technique	3.	Physical preparation (strength, endurance, flexibility).
(IV)	Psychological Training	4.	Mental preparation to handle pressure.

(a) I-1, II-2, III-3, IV-4
(b) I-3, II-1, III-2, IV-4
(c) I-4, II-3, III-1, IV-2
(d) I-2, II-3, III-4, IV-1

Ans : MAIN 2016

(b) I-3, II-1, III-2, IV-4
Conditioning Training : Focuses on physical fitness (strength, endurance, flexibility). (I-3)
Training of Tactics : Develops strategic skills for competition. (II-1)
Training of Technique - Improves technical skills specific to the sport. (III-2)
Psychological Training : Enhances mental strength to handle pressure. (IV-4)

72. Match the Following : Types of Training Goals

Column I (Goal Types)		Column II (Sequenced Order)	
(I)	Short-term goals	1.	General fitness goals.
(II)	Long-term goals	2.	Goals for one full season or more.
(III)	General goals	3.	Goals for each training session.
(IV)	Sessional goals	4.	Achievable within a few weeks or months.

(a) I-1, II-2, III-3, IV-4
(b) I-4, II-2, III-1, IV-3
(c) I-1, II-4, III-2, IV-3
(d) I-3, II-1, III-2, IV-4

Ans : SQP 2010

(b) I-4, II-2, III-1, IV-3
Short-term goals : Focus on near-future improvements (weeks or months).(I-4)
Long-term goals : Aim for progress over a full season or beyond. (II-2)
General goals : Broad fitness or performance-related objectives. (III-1)
Sessional goals -Set for each training session to measure immediate progress. (IV-3)

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73. Match the Following : Benefits of Sports Training

Column I (Benefits)		Column II (Sequenced Order)	
(I)	Builds endurance	1.	Improves speed and mobility.
(II)	Improves flexibility	2.	Helps in quicker recovery from fatigue.
(III)	Increases agility	3.	Enhances stamina for longer activity.
(IV)	Speeds up recovery	4.	Reduces injury risks by improving muscle elasticity.

(a) I-1, II-2, III-3, IV-4
(b) I-3, II-4, III-1, IV-2
(c) I-4, II-1, III-2, IV-3
(d) I-2, II-3, III-4, IV-1

Ans : MAIN 2015

(b) I-3, II-4, III-1, IV-2
Endurance : Helps athletes perform longer without fatigue. (I-3)
Flexibility : Reduces injury risk and improves movement range. (II-4)
Agility : Enhances quick directional changes in sports. (III-1)
Recovery : Helps in faster muscle repair and readiness for training. (IV-2)

74. Match the Following : Phases of a Workout

Column I (Training Stages)		Column II (Sequenced Order)	
(I)	Warm-up	1.	Concludes with stretching and relaxation.
(II)	Skill practice	2.	Includes sport-specific movements.
(III)	Match-related practice	3.	Game-like training situations.
(IV)	Cool-down	4.	Prepares the body for intense exercise.

(a) I-1, II-2, III-3, IV-4
(b) I-4, II-2, III-3, IV-1
(c) I-1, II-4, III-2, IV-3
(d) I-2, II-3, III-1, IV-4

Ans : COMP 2019

(b) I-4, II-2, III-3, IV-1
Warm-up : Increases body temperature and prepares muscles for activity. (I-4)
Skill practice : Focuses on refining technical skills related to the sport. (II-2)
Match-related practice : Simulates real-game conditions. (III-3)
Cool-down - Helps muscles relax and prevents stiffness. (IV-1)

75. Match the Following : Factors Affecting Training Response

Column I (Factors)			Column II (Sequenced Order)
(I)	Genetics	1.	Environmental conditions like altitude, temperature.
(II)	Nutrition	2.	Affects energy levels and muscle repair.
(III)	Motivation	3.	Determines athletic potential and recovery rate.
(IV)	Environment	4.	Psychological factor affecting performance.

(a) I-1, II-2, III-3, IV-4
(b) I-3, II-2, III-4, IV-1
(c) I-1, II-4, III-2, IV-3
(d) I-2, II-3, III-1, IV-4

Ans : SQP 2021

(b) I-3, II-2, III-4, IV-1
Genetics : Determines an athlete's physical potential. (I-3)
Nutrition : Affects strength, recovery, and endurance. (II-2)
Motivation : Key to training consistency and competitive performance. (III-4)
Environment : Factors like altitude or temperature influence performance. (IV-1)

76. Match the Following : Types of Sports Training Cycles

Column I (Training Cycles)		Column II (Sequenced Order)	
(I)	Macro cycle	1.	Few days of training.
(II)	Meso cycle	2.	Several weeks of training.
(III)	Micro cycle	3.	Few months of training.
(IV)	Periodisation	4.	Dividing training into structured cycles.

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(a) I-1, II-2, III-3, IV-4
(b) I-3, II-2, III-1, IV-4
(c) I-1, II-4, III-2, IV-3
(d) I-2, II-3, III-1, IV-4

Ans : COMP 2011

(b) I-3, II-2, III-1, IV-4
Macro cycle : Long-term training cycle (months or a full season). (I-3)
Meso cycle : Medium-term cycle lasting several weeks. (II-2)
Micro cycle : Short training cycles lasting a few days. (III-1)
Periodization : Organizing training into structured phases. (IV-4)

77. Match the Following : Ways to Prevent Injuries

Column I (Prevention Methods)		**Column II (Sequenced Order)**	
(I)	Warm-up	1.	Gradual increase in intensity.
(II)	Stretching	2.	Helps improve muscle flexibility.
(III)	Protective gear	3.	Reduces the impact of injuries.
(IV)	Hydration	4.	Prevents muscle cramps and heat exhaustion.

(a) I-1, II-2, III-3, IV-4
(b) I-3, II-1, III-4, IV-2
(c) I-1, II-4, III-2, IV-3
(d) I-2, II-3, III-1, IV-4

Ans : SQP 2013

(a) I-1, II-2, III-3, IV-4
Warm-up : A proper warm-up gradually increases heart rate and blood flow to muscles, reducing injury risk. (I-1)
Stretching : Helps improve muscle flexibility, reducing stiffness and preventing strains. (II-2)
Protective gear : Equipment like helmets, pads, and braces minimize the risk of serious injuries. (III-3)
Hydration : Prevents dehydration, muscle cramps, and heat exhaustion, which can impair performance. (IV-4)

78. Match the Following : Training Principles Related to Load

Column I (Training Principles)		**Column II (Sequenced Order)**	
(I)	Overload	1.	Body adapts to continuous training.
(II)	Recovery	2.	Gradual increase in training intensity.
(III)	Adaptation	3.	Rest is necessary for progress.
(IV)	Reversibility	4.	Training loss due to long breaks.

(a) I-1, II-2, III-3, IV-4
(b) I-2, II-3, III-1, IV-4
(c) I-1, II-4, III-2, IV-3
(d) I-3, II-1, III-4, IV-2

Ans : COMP 2018

(b) I-2, II-3, III-1, IV-4
Overload : Training should gradually increase in intensity to challenge the body and promote improvement. (I-2)
Recovery : Rest is necessary for muscle repair and progress; without it, overtraining can occur. (II-3)
Adaptation : The body gradually adapts to repeated training, leading to improved performance. (III-1)
Reversibility (4) : If training stops for a long time, the body loses the fitness gains it had achieved. (IV-4)

79. Match the Following : Factors for a Successful Training Program

Column I (Training Factors)		**Column II (Sequenced Order)**	
(I)	Set goals	1.	Ensure regular exercise.
(II)	Get professional coaching	2.	Helps improve techniques.
(III)	Prevent injuries	3.	Use warm-up and protective gear.
(IV)	Maintain year-round fitness	4	Define primary and secondary targets.

(a) I-1, II-2, III-3, IV-4
(b) I-4, II-2, III-3, IV-1
(c) I-1, II-4, III-2, IV-3
(d) I-3, II-1, III-4, IV-2

Ans : MAIN 2011

(b) I-4, II-2, III-3, IV-1
Set goals - Athletes should define primary and secondary goals to stay focused and measure progress. (I-4)

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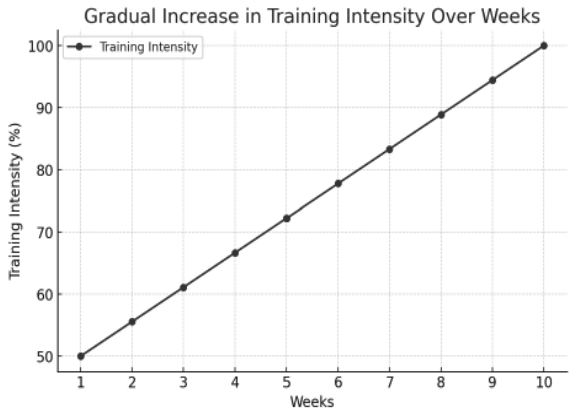
Get professional coaching : Expert guidance improves techniques, enhances performance, and corrects mistakes. (II-2)
Prevent injuries : Warm-ups, protective gear, and proper techniques help reduce injury risks. (III-3)
Maintain year-round fitness : Ensuring regular exercise throughout the year prevents fitness loss and helps maintain peak performance. (IV-4).

PICTURE BASED QUESTIONS

80. Identify the Training Principle Shown in the Graph
The graph below shows an increasing training load over time. Which sports training principle does this represent?



(a) Principle of Reversibility
(b) Principle of Overload
(c) Principle of Specificity
(d) Principle of Variance

Ans : COMP 2021

(b) Principle of Overload
Principle of Overload states that training must gradually increase in intensity to improve performance.
The graph shows a rising trend, indicating progressive load adjustments.
Reversibility (a) would show a decline if training stops.
Specificity (c) is about sport-specific training, not increasing intensity.
Variance (d) refers to adding variety in training.

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81. Choose the Correct Protective Equipment for Injury Prevention
Which of the following protective equipment is best suited for preventing head injuries in sports?

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(a) Shin guards
(b) Gloves
(c) Helmet
(d) Knee pads

Ans : SQP 2023

(c) Helmet
Helmets protect the head from injuries in contact sports like football, cycling, and cricket.
Shin guards protect the lower legs.
Gloves provide grip and protect hands.
Knee pads cushion impacts to the knees.

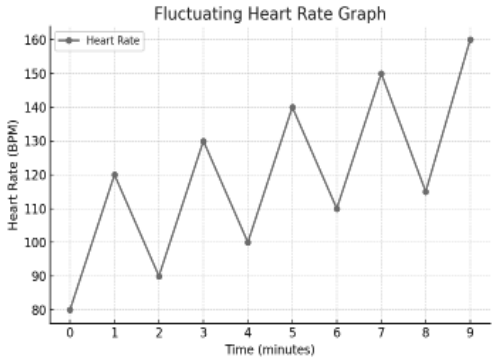
82. Identify the Type of Stretching
The image below shows an athlete holding a stretch in a fixed position for 30 seconds. What type of stretching is being performed?

(a) Dynamic stretching
(b) Ballistic stretching
(c) Static stretching
(d) PNF stretching

Ans : MAIN 2020

(c) Static stretching
Static stretching involves holding a stretch without movement for a period.
Dynamic stretching (a) involves controlled movements (e.g., leg swings).
Ballistic stretching (b) uses bouncing movements, which can cause injury.
PNF stretching (d) combines stretching with resistance.

83. Identify the Training Method Based on the Heart Rate Graph
A heart rate monitor graph shows a continuous high-intensity effort followed by brief rest periods. What type of training does this represent?



(a) Continuous training
(b) Interval training
(c) Circuit training
(d) Strength training

Ans : COMP 2022

(b) Interval training
Interval training alternates between high-intensity exercise and rest.
Continuous training (a) maintains a steady heart rate without rest.
Circuit training (c) includes different exercises but not fixed rest intervals.
Strength training (d) doesn't involve heart rate fluctuations like the graph.

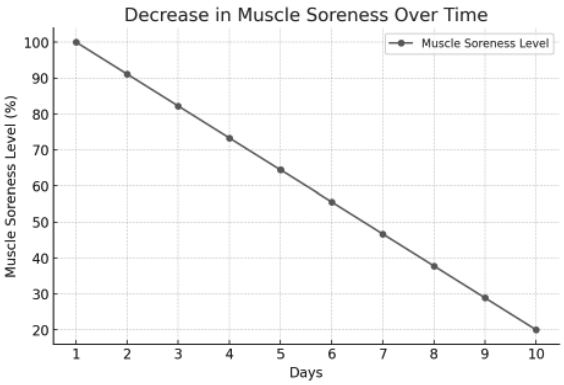
84. Identify the Correct Muscle Group Targeted
The image below shows a person performing a squat. Which primary muscle group is being targeted?

(a) Biceps
(b) Quadriceps
(c) Triceps
(d) Deltoids

Ans : COMP 2006

(b) Quadriceps
Squats mainly work the quadriceps (thigh muscles).
Biceps (a) are arm muscles, not involved in squats.
Triceps (c) are arm muscles responsible for pushing movements.
Deltoids (d) are shoulder muscles, not engaged in squats.

85. Identify the Training Phase Based on Recovery Time
An athlete's muscle recovery rate graph shows a gradual decline in soreness over days after intense training. What training principle does this illustrate?



(a) Principle of Recovery
(b) Principle of Overload
(c) Principle of Specificity
(d) Principle of Variance

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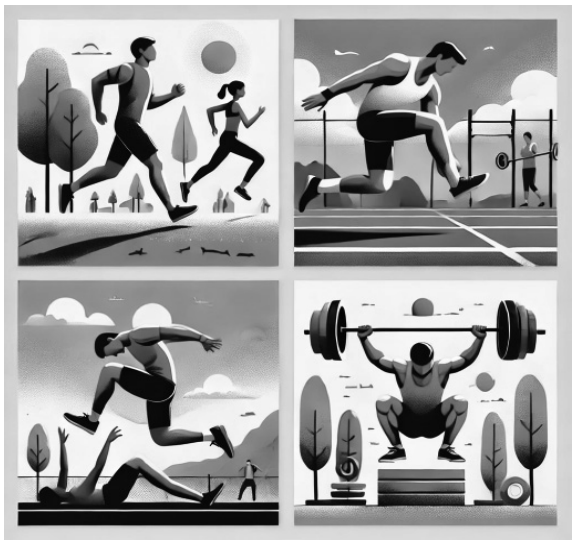
Ans : SQP 2001

(a) Principle of Recovery
Recovery (a) is crucial for muscle repair and avoiding overtraining.
Overload (b) increases training intensity but doesn't focus on rest.
Specificity (c) focuses on sport-related skills, not recovery.
Variance (d) is about adding variety in training.

86. Identify the Correct Cooling-Down Exercise
Which of the following cool-down exercises helps reduce muscle stiffness after training?



(a) Sprinting
(b) Walking
(c) Weight lifting
(d) Jumping

Ans : SQP 2008

(b) Walking
Walking gradually brings heart rate down and reduces stiffness.
Sprinting (a) is high-intensity and not a cooling-down activity.
Weight lifting (c) is for strength, not cooling down.
Jumping (d) increases heart rate, which is opposite of cooling down.

TWO MARKS QUESTIONS

87. Explain the need for active participation in sports training.

Ans : MAIN 2020

The performance of an athlete is the result of the combined efforts of the athlete and their coach's skills. Active participation ensures the athlete is fully engaged in the training process, making the program effective and successful. Without willingness and active involvement, training cannot yield optimal results.

88. What do you mean by Training?

Ans : COMP 2024

Training is the systematic process of preparation for a specific task or assignment. In sports, it refers to exercises and techniques designed to improve performance, skill, and endurance.

89. What do you mean by Sports Training?

Ans : SQP 2021

Sports training is a planned program aimed at enhancing the physical, technical, psychological, and intellectual abilities of an athlete. It prepares sports persons for high-level performance through systematic practice and exercises.

90. What is the main aim of Sports Training?

Ans : MAIN 2023

The main aim of sports training is to help sports persons achieve their highest potential in performance. It focuses on the physical, technical, intellectual, psychological, and moral preparation of an athlete using specific exercises and techniques.

91. What is Periodisation?

Ans : SQP 2022

Periodisation is the systematic planning of athletic or physical training. The aim is to reach the best possible performance in the most important competition of the year. It involves progressive cycling of various aspects of a training program during a specific period.

92. State the principle of overloading in sports training.

Ans : COMP 2007

The principle of overloading states that the training load must be higher than the load of normal daily activities. Training loads must be increased gradually to allow the body to adapt and to avoid system failure due to overloading. Varying the type, volume and intensity of the

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training load allows the body to recover and over-compensate, ensuring continual improvement.

93. What is meant by the principle of specificity in sports training?

Ans : MAIN 2003

The principle of specificity emphasizes that energy pathways, enzyme systems, muscle fiber types, and neuromuscular responses adapt specifically to the type of training to which they are subjected. For example, strength training has little effect on endurance, whereas endurance training activates aerobic pathways.

94. What is the principle of recovery?

Ans : COMP 2004

Recovery is the process by which the body regenerates during rest and becomes stronger than before. Training programs should include proper rest intervals between activities to prevent overtraining, exhaustion, or injury.

95. What is the principle of intensity?

Ans : SQP 2009

The principle of intensity refers to the amount of effort that should be invested in a training program or session. A balance must be maintained to find enough intensity to overload the body for adaptation while avoiding overtraining.

96. What do you know about the principle of variance in sports training?

Ans : MAIN 2002

The principle of variance ensures that training programs avoid monotony by incorporating a variety of training exercises and techniques. This helps prevent boredom, reduces the risk of injury, and ensures balanced development.

97. What is the principle of reversibility?

Ans : COMP 2017

The principle of reversibility states that the gains made during training are lost if training is stopped or significantly reduced. To maintain progress, consistent training is essential.

98. What is the Principle of Overload in sports training?

Ans : SQP 2013

The Principle of Overload states that to improve performance, the training load must be greater than the normal level of activity. The body adapts to increased stress over time, leading to strength and endurance gains.

99. Why is the Principle of Recovery important in sports training?

Ans : MAIN 2011

The Principle of Recovery ensures that athletes get sufficient rest between training sessions to allow muscle repair and prevent overtraining. Without proper recovery, performance can decline due to fatigue or injuries.

100. Define sports training and mention its key components.

Ans : COMP 2016

Sports training is a systematic and structured process aimed at improving an athlete's performance. The key components include :

(i) Conditioning training (strength, endurance, flexibility)
(ii) Technique training (skill development)
(iii) Tactical training (game strategies)
(iv) Psychological training (mental preparation)

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101. Explain the difference between Macro, Meso, and Micro training cycles.

Ans : SQP 2014

(i) Macro cycle : Long-term training plan (several months or a season).
(ii) Meso cycle : Mid-term training phase (several weeks), focusing on specific improvements.
(iii) Micro cycle : Short-term training phase (a few days to a week) that includes detailed daily plans.

102. What is the Principle of Reversibility, and why is it important?

Ans : COMP 2008

The Principle of Reversibility states that if training stops or significantly decreases, an athlete's fitness levels will decline. Regular training is necessary to maintain performance, as prolonged breaks can cause loss of strength, endurance and flexibility.

103. What is the Principle of Specificity in sports training?

Ans : MAIN 2006

The Principle of Specificity states that training should be specific to the energy systems, muscle

groups, and skills required for a particular sport. For example, a sprinter should train for speed, while a marathon runner should focus on endurance.

104. Why is goal setting important in sports training?

Ans : COMP 2001

Setting goals helps athletes stay focused, measure progress, and maintain motivation. A well-structured training plan includes short-term, long-term, and sessional goals for continuous improvement.

105. What are the three phases of a workout session?

Ans : SQP 2000

(i) Warm-up : Prepares the body for physical activity by increasing blood flow and flexibility.
(ii) Main session : Focuses on skill development, strength, endurance, or game-related training.
(iii) Cool-down : Helps the body recover by reducing muscle stiffness and heart rate gradually.

106. How does psychological training benefit an athlete?

Ans : MAIN 2005

Psychological training improves an athlete's ability to handle pressure, stay focused, and maintain confidence. It helps in developing mental toughness, motivation, and stress management techniques.

107. What is the Principle of Adaptation in sports training?

Ans : COMP 2012

The Principle of Adaptation states that the body gradually adapts to training loads over time. Consistent training leads to improved strength, endurance, and skill development, but sudden changes can cause injuries.

108. How does training of tactics improve sports performance?

Ans : SQP 2015

Training of tactics helps athletes and teams develope game strategies, decision-making skills, and situational awareness to outperform opponents in competitive sports.

109. Why is warming up necessary before a training session?

Ans : MAIN 2018

A proper warm-up increases muscle temperature, improves flexibility and enhances blood circulation, reducing the risk of injuries and preparing the body for intense physical activity.

110. What is the Principle of Periodisation in sports training?

Ans : COMP 2019

The Principle of Periodisation divides training into structured cycles (Macro, Meso and Micro cycles), ensuring a balanced approach to skill acquisition, strength building, and recovery.

111. How does preventing injuries help in maintaining consistent sports performance?

Ans : SQP 2010

Preventing injuries through warm-ups, stretching, and proper protective gear ensures continuous training, fewer setbacks and improved overall performance without unnecessary breaks.

112. Why is year-round fitness important for an athlete?

Ans : MAIN 2021

Maintaining year-round fitness helps athletes stay in peak condition, prevent injuries and ensure consistent performance by balancing training, rest, and recovery.

THREE MARKS QUESTIONS

113. What does the term 'Training' mean in Sports?

Ans : MAIN 2024

Training is a process of preparing an individual for an event, activity, or task through systematic and planned programs aimed at improving performance. Sports training is a long-term structured process designed to enhance a sports person's abilities and help them achieve peak performance. It includes phases such as preparation, competition and transitional periods. The goal of sports training is to develop an all-rounded personality and achieve high-level sports performance. Coaches are responsible

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for planning, implementing and controlling the training process.

114. State the objectives of training in sports.

Ans : COMP 2021

The objectives of training in sports include :
(i) Developing physical fitness, strength and endurance.
(ii) Improving technical and tactical skills.
(iii) Enhancing psychological readiness for competition.
(iv) Building an all-rounded personality with discipline and focus.

115. What are the important components for a successful training programme?

Ans : SQP 2023

The key components of a successful training program are :
1. Define Goals : Identify one primary goal along with several minor goals to maintain focus.
2. Match Sport to Goals and Abilities : Evaluate physical, emotional, and social needs to align them with the sport.
3. Set Intermediate Goals : Include goals at different levels, such as general goals, season goals, monthly or weekly targets.
4. Plan Workouts : Divide training sessions into distinct phases : warm-up, skills practice, match-related practice, and cool-down.
5. Get Professional Coach's Help : Seek guidance from a coach to correct form, analyze performance, and design effective training programs.
6. Join a Club or Organization : Participating in clubs or teams fosters learning and motivation through group activities.
7. Maintain Year-Round Fitness : Utilize the off-season to rest and work on building strength and endurance without overstraining.
8. Prevent Injuries : Focus on warming up, stretching, and using proper techniques to avoid sport-specific injuries.
9. Use Sport-Specific Training : Tailor training to the specific skills required for the sport, such as coordination, strength, or speed.
10. Enjoy Training : Maintain motivation and avoid overtraining or unrealistic expectations to ensure consistent improvement and enjoyment.

116. State any three principles of sports training.

Ans : MAIN 2020

(i) Principle of Individuality : Every athlete responds differently to the same training stimulus. Various factors, such as genetics, maturity, nutrition, prior training and motivation, influence these responses.
(ii) Principle of Specificity : Training adaptations occur specifically to the type of training. For example, strength training enhances strength but has minimal impact on endurance. A well-rounded program incorporates aerobic and anaerobic exercises.
(iii) Principle of Progression : Training intensity should be increased gradually. Overloading too rapidly can lead to injuries or exhaustion. This principle emphasizes the importance of systematic progression to achieve improvement without harm.

117. Explain the principle of overloading and recovery in sports training.

Ans : COMP 2022

(i) Principle of Overload : Training load must exceed the body's normal capacity to facilitate adaptation. Gradual increments in type, volume, and intensity are essential to avoid overtraining and allow the body to recover and grow stronger.
(ii) Principle of Recovery : Recovery allows the body to regenerate and become stronger. Proper rest and intervals between training sessions prevent injuries and ensure consistent improvement in performance.

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118. Explain the Principle of Overload and its importance in sports training.

Ans : MAIN 2007

The Principle of Overload states that an athlete must train at a level higher than their normal activity to improve performance. This involves increasing the intensity, volume, or duration of training gradually.
Importance :
(i) Helps build strength, endurance, and speed.
(ii) Ensures continuous improvement by progressively challenging the body.
(iii) Prevents performance stagnation and maximizes adaptation.

119. Describe the three main types of training cycles used in sports training.

Ans : COMP 2003

Ans : SQP 2022

(b) Walking or exercising on uneven surfaces
Lack of calcium in bones leads to increased vulnerability but is not directly caused by uneven surfaces.

6. Which statement about fractures is NOT true?
(a) There are different types of fractures.
(b) A fracture is a broken bone.
(c) Fractures range from a minor crack to a complete break.
(d) There is a slight pain.

Ans : COMP 2007

(d) There is a slight pain.
Fractures often cause significant pain, depending on severity.

7. Where do you feel pain in a runner's knee?
(a) Front of the knee
(b) Thigh
(c) Calf
(d) Back of the knee

Ans : MAIN 2003

(a) Front of the knee
Pain occurs in the front due to structural or repetitive strain issues.

8. What is a concussion?
(a) Leg injury
(b) Head injury
(c) Back injury
(d) Shoulder injury

Ans : SQP 2004

(b) Head injury
A concussion is a traumatic brain injury caused by impact or jarring movements.

9. Injury of the ligament or tendon around the joints is called?
(a) Strain
(b) Sprain
(c) Crump
(d) Fracture

Ans : COMP 2009

(a) Strain
Strain is a tendon injury caused by overuse or overstretching.

10. What is the most common symptom of concussion?
(a) Loss of consciousness and balance
(b) Pain and stiffness along the Achilles tendons
(c) Pain on the outside of the thigh
(d) Morning stiffness of the elbow

Ans : MAIN 2002

(a) Loss of consciousness and balance
Concussions often result in loss of consciousness or balance due to brain impact.

11. What is the full form of MCL?
(a) Medial Collateral Ligament
(b) Major Crucial Ligament
(c) Muscle Collateral Ligament
(d) None

Ans : SQP 2017

(a) Medial Collateral Ligament
MCL refers to the Medial Collateral Ligament, a key stabilizing structure of the knee.

12. Breaking a bone with twisting force results in what kind of fracture?
(a) Spiral Fracture
(b) Transverse Fracture
(c) Simple Fracture
(d) Linear Fracture

Ans : COMP 2013

(a) Spiral Fracture
A spiral fracture, also called a torsion fracture, occurs when a bone is broken due to a twisting force.

13. What is a fracture?
(a) It is a tear or sprain of the anterior cruciate ligament.
(b) It is a partial or complete break in the continuity of the bone.
(c) It is an inflammation of the tendon that joins the muscle of the forearm to the outside of the elbow.
(d) It is the common term used to describe any condition causing pain around the kneecap.

Ans : MAIN 2011

(b) It is a partial or complete break in the continuity of the bone.
A fracture refers to a broken bone, either partially or completely, depending on the severity of the injury.

14. What is the primary cause of muscle strains?
(a) Lack of sleep
(b) Pulling or twisting of a muscle or tendon
(c) Excessive hydration
(d) Overeating before exercise

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(i) Proper warm-up and cool-down : Prepares the body before exercise and aids recovery afterward.
(ii) Use of protective equipment : Wearing helmets, shin guards, or knee pads reduces injury risk.
(iii) Maintaining good technique : Ensuring correct posture and movement patterns minimizes strain on muscles and joints.

127. Describe the Principle of Periodisation and its role in sports training.

Ans : MAIN 2014

The Principle of Periodisation divides training into structured phases to balance intensity and recovery.
(i) Macro Cycle : Long-term training plan covering months or a full season.
(ii) Meso Cycle : Mid-term cycle lasting several weeks, focusing on specific skills or fitness components.
(iii) Micro Cycle : Short-term plan (a few days to a week) with detailed training sessions.

Role in Training :
(i) Helps prevent overtraining and injuries by balancing workload.
(ii) Ensures peak performance during competitions.
(iii) Allows gradual improvement in strength, endurance and technique.

CASE BASED QUESTION

128. A football coach is designing a comprehensive training program for his team. The program includes strength training to enhance physical endurance, skill drills to refine techniques, agility exercises for better movement and mental conditioning to improve focus and reduce performance anxiety. He believes that a well-rounded approach will help the players perform better during matches.
(i) What type of training is being implemented in this scenario?
(ii) Name and explain two key elements of this training program and their importance in football performance.

Ans : MAIN 2024

(i) Sports Training : It is a structured process aimed at improving an athlete's performance through physical, technical, tactical, and mental preparation.
(ii) (a) Conditioning Training : Improves strength, endurance, and flexibility, which are crucial for stamina and reducing injury risk.
(b) Training of Tactics : Enhances teamwork, decision-making and strategic game play to maximize match performance.

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129. A professional sprinter wants to improve his race times and overall performance. His trainer develops a structured training plan that includes sprint drills for speed enhancement, resistance training for strength and flexibility exercises to reduce injury risks. The trainer ensures that the plan is sport-specific and aligns with the athlete's goals.
(i) Which principle of sports training is being applied in this situation?
(ii) Why is it essential for sprinters to follow a training plan that aligns with their specific sport requirements?

Ans : COMP 2021

(i) Principle of Specificity : Training must be specific to the sport's demands to improve performance effectively.
(ii) Sprinting requires explosive speed, power and agility. A sport specific plan enhances these qualities without unnecessary endurance or strength focused exercises that may slow them down.

130. A basketball player has taken a long break due to an ankle injury. After resuming training, he notices a decline in his endurance, muscle strength, and reaction speed. His coach explains that a lack of continuous training can lead to a loss of fitness and skill efficiency over time.
(i) Which principle of sports training does this scenario highlight?
(ii) Suggest two strategies that can help an athlete maintain fitness levels during periods of injury or prolonged inactivity.

Ans : SQP 2023

(i) Principle of Reversibility : Fitness declines when regular training is stopped.
(ii) (a) Light Training : Engaging in low-impact activities like swimming or cycling to maintain fitness without straining the injured area.

5.3 Prevention of Fractures

Warming up adequately before sports or training helps reduce the risk of fractures. Ensuring that the sports area is smooth and clean prevents unnecessary falls and injuries. Staying alert while playing and gaining complete knowledge about the game minimizes risks. Eating a balanced diet supports bone strength, while wearing proper footwear provides stability. Avoiding rash playing also reduces the chances of fractures.

5.4 First Aid Steps

The affected area should be rested immediately to prevent further injury. Any bleeding must be stopped promptly. Splints made of wood, plastic, or metal should be applied to stabilize the affected area. Applying ice helps reduce swelling. Seeking medical attention immediately ensures proper treatment and recovery.

6. PLANTAR FASCIITIS

Plantar fasciitis is the inflammation of tissues on the bottom of the foot, often causing heel pain.

Cause : This condition can result from excessive running, flat feet, or being overweight.

Prevention : Engaging in regular exercises and allowing adequate rest between runs can help prevent plantar fasciitis.

First Aid : Resting the foot and applying ice to the heels can reduce inflammation. Oral pain relievers may help manage discomfort. Applying athletic tape provides additional support to the foot.

7. SPRAINED ANKLE

Cause : A sprained ankle occurs due to ligament injury from falling or twisting the ankle.

Prevention : Proper conditioning during preparation, adequate warm-up before training or sports activity and ensuring a smooth and clean playing area can help prevent sprains. Staying alert while playing, gaining complete knowledge of the game, and avoiding playing when fatigued are essential measures. Eating a balanced diet and wearing proper footwear provide additional support and stability.

First Aid : During the first 48 hours, follow the PRICE method : Protect, Rest, Ice, Compression and Elevation. After 48 hours, switch to MICE : Mobilization, Ice, Compression and Elevation until complete healing.

8. TENNIS ELBOW

Cause : Tennis elbow is caused by excessive gripping activities, leading to strain in the forearm muscles.

Prevention : Regular stretching and strengthening exercises can prevent overuse injuries. Ensuring adequate rest and avoiding overtraining are crucial for muscle recovery.

First Aid : Resting for a few days is essential for healing. Applying an ice pack to the elbows, wrists, and lower arms can reduce inflammation and pain.

9. LOW BACK PAIN

Cause : Repetitive or excessive use of the spine structure can lead to persistent low back pain.

Prevention : A comprehensive physical therapy treatment and regular trunk stabilization exercises can help strengthen the back and prevent injuries.

First Aid : Applying the RICE technique (Rest, Ice, Compression, Elevation) can provide immediate relief. Engaging in basic physiotherapy exercises promotes mobility and recovery.

10. HIP BRUISES

Cause : Hip bruises result from the deposition of chalky material on the skin lining, often caused by repeated stress.

Prevention : Avoiding continuous stress, maintaining good hygiene to prevent infections and ensuring adequate rest intervals can help prevent hip bruises.

First Aid : Regular consultations with a physician are recommended. Applying ice to the affected area helps reduce swelling and pain.

11. CONCUSSION

Definition : A concussion is an injury to the brain caused by a blow to the head, leading to jarring or shaking of the brain.

Prevention : Wearing proper protective gear during exercise or sports practice reduces the risk of concussions.

First Aid : Resting and reducing physical activities for the first 48 hours is crucial. Gradually increasing activities after 48 hours ensures a safe recovery.

12. ACHILLES TENDINITIS

Definition : Achilles tendinitis is an overuse injury of the Achilles tendon, which connects the lower leg to the heel.

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(i) Principle of Periodisation : Training is divided into cycles for optimal results.
(ii) It ensures athletes peak at the right time, prevents overtraining, and allows proper recovery between training phases.

136. A volleyball coach introduces a variety of drills to keep the players engaged. The training sessions include agility exercises, resistance training, reaction-time drills, and plyometrics workouts. The coach believes that a varied approach prevents boredom and reduces the risk of overuse injuries.
(i) Which principle of sports training is being followed in this training plan?
(ii) How does incorporating variety in training benefit athletes both physically and mentally?

Ans : SQP 2009

(i) Principle of Variance : Training should include variety to prevent monotony.
(ii) Prevents boredom, reduces injury risk and improves different muscle groups.

137. A tennis player follows an intense training program that includes multiple daily sessions without sufficient rest days. His coach notices signs of fatigue, decreased performance, and frequent muscle soreness, indicating possible overtraining. The coach advises him to modify his routine and ensure proper recovery between training sessions.
(i) Which principle of sports training is being emphasized here?
(ii) What are the potential consequences of overtraining, and how can athletes avoid them?

Ans : MAIN 2002

(i) Principle of Recovery : Rest is essential for optimal performance.
(ii) (a) Consequences : Fatigue, injuries, poor performance.
(b) Prevention : Include rest days, monitor intensity and ensure proper nutrition.

138. A football player follows a structured training schedule, attending practice sessions five times a week. His training includes strength workouts, endurance runs, skill drills, and strategic discussions with the coach. However, after a few months, he starts feeling mentally exhausted and loses motivation. His performance on the field declines, and he struggles to stay focused during matches.
(i) Which principle of sports training is being neglected in this scenario?
(ii) How can an athlete overcome mental burnout and regain motivation?

Ans : COMP 2017

(i) Principle of Enjoyment and Motivation : Training should be engaging and sustainable to maintain an athlete's enthusiasm and commitment.
(ii) (a) Incorporate variety : Introducing new training drills, friendly matches, or cross-training activities can make workouts more enjoyable.
(b) Set realistic goals : Breaking down long-term objectives into smaller achievements helps maintain motivation.
(c) Ensure proper rest : Taking scheduled breaks and engaging in mental relaxation techniques, such as meditation, can help reduce burnout.

139. A professional swimmer is preparing for an international competition. His training routine includes phases focusing on endurance, speed, and recovery. His coach structures the program into cycles : an initial phase of general conditioning, an intense pre-competition phase and a tapering phase to allow peak performance during the event.
(i) Which principle of sports training is applied here?
(ii) Why is tapering important before a major competition?

Ans : SQP 2013

(i) Principle of Periodisation : Training is divided into cycles, ensuring the athlete peaks at the right time.
(ii) Tapering allows the body to recover from intense training, reduces fatigue and enhances muscular readiness, ensuring optimal performance on the competition day.

140. A young athlete is eager to improve his performance in sprinting. His coach advises him to focus on training sessions that develop explosive power, agility, and reaction speed. Additionally, he emphasizes the importance of sport-specific drills that replicate real race conditions. The coach also advises him to follow a high-protein diet and ensure adequate rest for recovery.
(i) Which principle of sports training is being applied in this scenario?

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(b) Rehabilitation Exercises : Strengthening weaker muscles and joints with physiotherapy exercises.

131. A young athlete is eager to improve his strength and endurance quickly. He starts lifting heavier weights and increasing his workout intensity drastically within a short period. Within a few weeks, he begins experiencing severe muscle soreness and fatigue, which negatively impacts his training progress. His coach advises him to slow down and follow a more gradual progression plan.

(i) Which principle of sports training is relevant to this scenario?

(ii) What are the potential risks of increasing training intensity too quickly, and how can athletes prevent these risks?

Ans : MAIN 2020

(i) Principle of Progression : Training load should increase gradually to avoid injuries and allow adaptation.

(ii) (a) Risks : Muscle strain, overtraining syndrome, fatigue, and long-term injuries.

(b) Prevention : Follow a structured progression plan, increase intensity in controlled steps, and include proper rest.

132. A cricket team is undergoing specialized training that includes batting drills, bowling techniques, and fielding exercises. The coach emphasizes that this training is tailored to improve the technical and tactical skills required in cricket, rather than focusing on general fitness alone.

(i) Which type of sports training is emphasized in this scenario?

(ii) How does sport-specific training benefit athletes compared to general physical fitness training?

Ans : COMP 2022

(i) Training of Technique : This focuses on developing sport specific skills.

(ii) Sport : specific training improves performance in a particular sport by refining skills, movements, and tactics, while general fitness training focuses on overall health and well being.

133. A weight lifter focuses exclusively on power lifting exercises like squats, dead lifts, and bench presses to improve his performance in competitions. His coach discourages excessive endurance workouts, as they may negatively impact his strength gains. Instead, the focus remains on explosive movements and muscle-building exercises.

(i) Which principle of sports training is being followed in this case?

(ii) Why is it important for weight lifters to avoid excessive endurance training, and what could be the impact on their performance?

Ans : SQP 2007

(i) Principle of Specificity : Training should be aligned with the sport's needs.

(ii) (a) Importance : Endurance training may reduce muscle mass and strength.

(b) Impact : It can lower muscle power and explosiveness, which are crucial for lifting heavy weights.

134. A marathon runner is preparing for a major event. Her training plan involves gradually increasing the distance she runs each week, combined with proper rest and recovery days to allow her body to adapt. Her coach warns her against sudden spikes in training volume, which could lead to injuries or overtraining.

(i) Which principle of sports training is being demonstrated in this case?

(ii) Explain why proper recovery is essential in long-distance endurance training and how it affects an athlete's performance.

Ans : MAIN 2003

(i) Principle of Adaptation : The body adapts over time with consistent training.

(ii) Recovery prevents muscle fatigue, allows muscle repair, and improves overall endurance capacity, ensuring sustained long term performance.

135. A professional boxer follows a structured training schedule that includes different phases : an off-season phase for strength building, a pre-competition phase for skill refinement and a competition phase for peak performance. His training program is divided into cycles to ensure continuous improvement while preventing burnout.

(i) Which principle of sports training is being applied in this scenario?

(ii) How does periodisation in training benefit an athlete's long-term performance and injury prevention?

Ans : COMP 2004

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CHAPTER 6

SAFETY IN SPORTS

SUMMARY

1. MUSCLE STRAINS

Muscle injury caused by pulling or twisting of a muscle or tendon.

1.1 Prevention

Engage in proper conditioning during preparation. Perform adequate warm-ups before training or sports activities. Ensure the sports area is smooth and clean. Stay alert while playing. Gain complete knowledge of the game. Avoid playing when fatigued.

1.2 First Aid

Make the affected area comfortable. Wash with cold water for 15-30 minutes. Avoid applying ice directly; wrap it in a clean cloth before applying. Take a painkiller (e.g., paracetamol) in case of excessive pain. Apply warm water after five days. Rest for at least a week.

2. TORN ACL (ANTERIOR CRUCIATE LIGAMENT)

The ACL is one of the major stabilizing ligaments of the knee that helps control movement and maintain joint stability.
Cause : Slowing down and trying to cut, pivot, or change directions.
Prevention : Follow proper conditioning during preparation. Remain alert while playing. Refrain from playing when fatigued.
First Aid : Apply RICE (Rest, Ice, Compression, and Elevation).

3. TORN MCL (MEDIAL COLLATERAL LIGAMENT)

The MCL is a ligament located on the inner side of the knee that helps stabilize the joint.
Cause : This injury occurs when external rotational forces are applied to the knee joint, commonly due to impact or sudden twisting movements.
Prevention : Proper conditioning and strengthening exercises before sports activities are essential. Staying alert and avoiding awkward movements while playing helps prevent injuries. It is important not to continue playing if fatigued to avoid unnecessary strain.
First Aid : RICE (Rest, Ice, Compression, and Elevation).

4. SHIN SPLINTS

Shin splints refer to pain and inflammation in the front part of the leg between the knee and ankle, commonly affecting runners and athletes engaged in high-impact activities.
Prevention : Using proper protective gear, such as supportive footwear, helps reduce the risk of shin splints. Performing regular strength and flexibility exercises conditions the lower leg muscles and minimizes injury risks.
First Aid : Resting the affected leg is crucial to prevent further strain. Applying ice packs helps reduce pain and swelling.

5. BONE INJURIES

5.1 Types of Fractures

A simple fracture occurs when a bone breaks at one place without affecting the skin or muscles. A comminuted fracture involves breaking of a bone at multiple places without affecting the skin or muscles. A compound fracture results in the breaking of a bone with damage to the skin and muscles. An impacted fracture occurs when a broken end of the bone enters another bone. A complicated fracture involves the breaking of a bone along with damage to internal organs. A green stick fracture occurs when delicate bones in children break or bend due to stress.

5.2 Causes of Fractures

Fractures can be caused by unnatural movements, sudden heavy impact, sudden falls, direct hits, osteoporosis, or excessive running or walking.

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(i) Macro Cycle : A long-term training plan lasting several months or a full season, focusing on overall athlete development.
(ii) Meso Cycle : A mid-term training phase lasting several weeks, designed to achieve specific goals such as strength, endurance, or flexibility.
(iii) Micro Cycle : A short-term training phase lasting a few days to a week, including detailed daily or weekly training plans.

120. List and explain the key components of sports training.

Ans : SQP 2004

(i) Conditioning Training : Develops physical attributes like strength, endurance, and flexibility.
(ii) Training of Technique : Focuses on refining sports-specific skills and movements.
(iii) Training of Tactics : Helps athletes understand strategies and game plans to improve performance.
(iv) Psychological Training : Enhances mental strength, focus, and ability to handle competition pressure.

121. What are the benefits of maintaining year-round fitness in sports training?

Ans : MAIN 2009

(i) Prevents loss of fitness : Regular training ensures athletes retain strength, endurance, and flexibility.
(ii) Reduces injury risk : Continuous conditioning strengthens muscles and joints, preventing injuries.
(iii) Enhances performance : Maintaining fitness year-round allows athletes to be competition-ready at any time.

122. Explain the Principle of Reversibility and how it affects an athlete's performance.

Ans : COMP 2002

The Principle of Reversibility states that if an athlete stops training for an extended period, their fitness levels will decline.
Effects on performance :
(i) Loss of strength and endurance : Muscle mass and cardiovascular fitness decrease over time.
(ii) Reduced flexibility and coordination : Skills deteriorate without regular practice.
(iii) Longer recovery period : Athletes need extra training to regain lost performance levels.

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123. Explain the Principle of Specificity in sports training and provide an example.

Ans : SQP 2017

The Principle of Specificity states that training should be designed to meet the specific demands of a sport, targeting the energy systems, muscle groups, and skills required.
(i) A sprinter should focus on speed training and explosive power rather than endurance exercises.
(ii) A swimmer should train in water to improve technique and efficiency instead of focusing solely on land-based exercises.
(iii) A weight lifter benefits more from strength-based exercises rather than long-distance running.

124. Why is goal setting important in a training program? Explain with examples.

Ans : MAIN 2013

Setting goals helps athletes stay focused, measure progress, and maintain motivation.
(i) Short-term goals : Achievable within weeks or months, such as improving sprint time by 0.5 seconds.
(ii) Long-term goals : Extend over months or years, such as preparing for a national-level competition.
(iii) Sessional goals : Defined for individual training sessions, such as completing a set number of repetitions in strength training.

125. Discuss the importance of psychological training in sports performance.

Ans : COMP 2011

Psychological training helps athletes improve their mental strength, focus, and ability to handle competition pressure.
(i) Enhances concentration : Athletes learn to block distractions and stay focused.
(ii) Boosts confidence : Mental conditioning techniques help athletes believe in their abilities.
(iii) Improves stress management : Helps handle high-pressure situations, such as penalty shoot outs or final matches.

126. What are the key steps top reventing injuries in sports training?

Ans : SQP 2016

Prevention : Avoiding sudden increases in intensity or duration of runs, maintaining regular exercise habits and choosing appropriate footwear can prevent Achilles tendinitis. Stretching daily and cross-training help reduce repetitive strain on the tendon.
First Aid : Applying the PRICE method (Protect, Rest, Ice, Compression, Elevation) helps in the initial management of the injury.

13. FIRST AID

Definition : Immediate and temporary care provided to a victim of an accident or sudden illness.
Purpose : To provide initial assistance until professional medical help is available.

14. PREVENTION OF INJURIES

Injuries during sports or training can be effectively prevented by adhering to the following measures :

1. Warm-up properly before participating in any training or event. Cool down after completing the activity to relax muscles and avoid stiffness.
2. Ensure that physical fitness is maintained through regular exercises and avoid engaging in activities beyond your physical capacity.
3. Use appropriate gear and equipment designed for the sport. Ensure all equipment is well-maintained and safe to use.
4. Regularly update your knowledge about the specific sport or activity and perform activities under the guidance of a professional coach or teacher.
5. Always wear the recommended protective gear for the activity and ensure the use of safe and properly designed sports facilities.
6. Include adequate rest intervals between workouts to allow recovery and focus on proper training to develop the required skills and techniques for the sport.

MULTIPLE CHOICE QUESTION

1. Which fracture shows no break and no wound in the skin?
(a) Linear fracture
(b) Impacted fracture
(c) Compound fracture
(d) Simple fracture

Ans : SQP 2021

(d) Simple fracture
A simple fracture results from excessive force but does not penetrate the skin.

2. What is a shin splint injury?
(a) It is a traumatic injury to the brain that alters mental status.
(b) It is a partial or complete break in the continuity of the bone.
(c) Pain in the lower region of the leg between the knee and ankle.
(d) It is a car or sprain of the anterior cruciate ligament.

Ans : MAIN 2024

(c) Pain in the lower region of the leg between the knee and ankle.
Shin splints are a common overuse injury. It occurs when muscles and bones in the lower leg pull and become irritated, especially among athletes and individuals with osteoporosis.

3. Lower back pain refers to what?
(a) A tear or sprain of the medial collateral ligament.
(b) Refers to any pain in the bottom region of the spine.
(c) Occurs when the ligament that supports the ankle stretch beyond their limit.
(d) In the lower leg between the knee and ankle.

Ans : COMP 2023

(b) Refers to any pain in the bottom region of the spine.
Muscle strain is often the cause of lower back pain due to heavy lifting or vigorous exercise.

4. What injury occurs when ligaments of the ankle joint are forced beyond their normal range?
(a) Muscle strain
(b) Shin splint
(c) Sprained ankle
(d) Fracture

Ans : MAIN 2020

(c) Sprained ankle
A sprained ankle happens when ligaments are stretched beyond their range of motion.

5. Which of the following is NOT a cause for a fracture?
(a) Lack of calcium
(b) Walking or exercising on uneven surfaces
(c) A fall caused by a twist
(d) A car accident

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(ii) Why is it important for sprinters to include explosive training in their workout routine?

Ans : COMP 2017

(i) Principle of Specificity : Training must be tailored to improve the exact physical and technical requirements of the sport.

(ii) Sprinting requires short bursts of maximum speed and power. Explosive training, such as plyometrics and sprint drills, enhances fast twitch muscle fiber activation, leading to improved acceleration and top end speed.

141. A young boxer wants to improve his punching power and reaction time. His coach recommends a combination of weight training, agility drills, and speed bag exercises. However, after two months of training, the athlete's progress has slowed down. The coach adjusts his workout plan by increasing the intensity and introducing new drills.

(i) Which principle of sports training is being applied in the coach's decision?

(ii) What could happen if an athlete continues with the same workout routine without increasing intensity?

Ans : MAIN 2011

(i) Principle of Overload : The body must be progressively challenged to improve performance.

(ii) The body adapts to the existing workload, leading to stagnation in progress. Without increasing the intensity or introducing new challenges, the athlete may stop seeing improvements in strength, speed, or endurance.

142. A tennis player follows a weekly training program that includes strength training, agility drills, cardio workouts, and match simulations. However, after a month, he starts feeling sluggish and experiencing muscle soreness that lasts longer than usual. His coach advises him to modify his training schedule and ensure adequate rest between sessions.

(i) Which principle of sports training is emphasized in this scenario?

(ii) What are two ways athletes can enhance recovery between training sessions?

Ans : COMP 2014

(i) Principle of Recovery : The body needs rest to repair muscles, prevent injuries and improve performance.

(ii) (a) Adequate Sleep : Ensuring 7-9 hours of sleep promotes muscle recovery and mental focus.

(b) Active Recovery : Engaging in light exercises such as yoga or swimming can improve blood circulation and reduce muscle stiffness.

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Ans : SQP 2016

(b) Pulling or twisting of a muscle or tendon
A muscle strain occurs when a muscle or tendon is stretched or torn due to excessive force. This typically happens during sudden movements, improper lifting, or intense physical activity without adequate preparation. It can cause pain, swelling and limited movement in the affected area.

15. Which of the following is NOT a preventive measure for muscle strains?
(a) Performing adequate warm-ups
(b) Playing while fatigued
(c) Engaging in proper conditioning
(d) Ensuring the sports area is smooth and clean

Ans : COMP 2014

(b) Playing while fatigued
Fatigue weakens muscles and reduces reaction time, increasing the risk of strains. Proper warm-ups, conditioning and a safe playing environment help prevent injuries by ensuring muscles are prepared for physical activity.

16. Which movement is most likely to cause an ACL tear?
(a) Running straight without stopping
(b) Slowing down and pivoting
(c) Sitting for long periods
(d) Stretching before a game

Ans : MAIN 2008

(b) Slowing down and pivoting
The ACL is a key ligament in the knee responsible for stability during movement. Quick changes in direction, abrupt stops, and pivoting motions put stress on the ACL, leading to tears. This injury is common in sports like basketball, soccer and football.

17. What is the recommended first-aid treatment for an ACL tear?
(a) Only applying heat to the knee
(b) RICE (Rest, Ice, Compression, and Elevation)
(c) Exercising immediately
(d) Wrapping the knee tightly with a rubber band

Ans : SQP 2006

(b) RICE (Rest, Ice, Compression, and Elevation)
The RICE method is used to reduce swelling and provide stability. Rest prevents further strain, ice reduces inflammation, compression minimizes swelling and elevation reduces blood flow to the injured area. Immediate medical evaluation is necessary for proper treatment.

18. Who is most likely to experience shin splints?
(a) Cyclists
(b) Runners and athletes engaged in high-impact activities
(c) Swimmers
(d) Chess players

Ans : COMP 2001

(b) Runners and athletes engaged in high-impact activities
Shin splints result from repetitive stress on the shinbone and surrounding tissues, often affecting runners and athletes who perform frequent jumping or running. The condition causes pain and inflammation in the lower leg.

19. Which preventive measure helps reduce the risk of shin splints?
(a) Using proper footwear
(b) Walking barefoot on hard surfaces
(c) Ignoring leg pain
(d) Exercising excessively without rest

Ans : MAIN 2000

(a) Using proper footwear
Supportive shoes with good cushioning absorb shock and reduce strain on the shinbone, preventing shin splints. Strength and flexibility exercises further help condition the lower leg muscles and minimize injury risks.

20. Which type of fracture involves multiple breaks in a bone without affecting the skin?
(a) Compound fracture
(b) Comminuted fracture
(c) Greenstick fracture
(d) Impacted fracture

Ans : SQP 2005

(b) Comminuted fracture
A comminuted fracture occurs when the bone shatters into multiple fragments. Unlike a compound fracture, the skin and surrounding tissues remain intact. This type of fracture often results from high-impact trauma, such as car accidents or severe falls.

21. What is the immediate first-aid step for a bone fracture?
(a) Massage the affected area
(b) Move the injured person frequently
(c) Apply a splint to stabilize the affected area
(d) Encourage the person to walk

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knee ligaments & avoiding sudden stops. (III-2)
Tennis Elbow - Prevented by wearing proper footwear & using arch support. (IV-1)

68. Match the Following (Types of Workouts & Duration)

Column I (Workout Type)			Column II (Duration)
(I)	Macro	1.	Few months workout.
(II)	Meso	2.	Few weeks workout.
(III)	Micro	3.	Few days workout.
(IV)	Warm-up	4.	Done prior to intense activity.

(a) I-3, II-1, III-4, IV-2
(b) I-2, II-4, III-1, IV-3
(c) I-1, II-2, III-3, IV-4
(d) I-4, II-3, III-2, IV-1

Ans : COMP 2001

(b) I-2, II-4, III-1, IV-3
Macro - A few weeks workout cycle.(I-2)
Meso - Done prior to intense activity. (II-4)
Micro - A few months workout cycle. (III-1)
Warm-up - A few days workout session.(IV-3)

69. Match the Following (Symptoms & Injuries)

Column I (Symptom)		Column II (Injury)	
(I)	Pain in front of the lower leg	1.	Shin Splints.
(II)	Inflammation in the heel	2.	Plantar Fasciitis.
(III)	Swelling & restricted movement in the ankle	3.	Sprained Ankle.
(IV)	Severe headache, dizziness	4.	Concussion.

(a) I-3, II-1, III-4, IV-2
(b) I-2, II-4, III-1, IV-3
(c) I-1, II-2, III-3, IV-4
(d) I-4, II-3, III-2, IV-1

Ans : MAIN 2000

(b) I-2, II-4, III-1, IV-3
Pain in front of the lower leg - Indicates Plantar Fasciitis instead of Shin Splints. (I-2)
Inflammation in the heel - Related to Concussion instead of Plantar Fasciitis. (II-4)
Swelling & restricted movement in the ankle- Indicates Shin Splints instead of a Sprained Ankle. (III-1)
Severe headache, dizziness - Associated with a Sprained Ankle instead of a Concussion. (IV-3)

70. Match the Following (Protective Measures & Purpose)

Column I (Protective Measure)		Column II (Purpose)	
(I)	Wearing helmets	1.	Prevents head injuries & concussions.
(II)	Stretching before a workout	2.	Reduces muscle stiffness & prevents strains.
(III)	Strength training	3.	Increases stability & prevents ligament tears.
(IV)	Wearing proper footwear	4.	Provides support & reduces foot-related injuries.

(a) I-3, II-1, III-4, IV-2
(b) I-2, II-4, III-1, IV-3
(c) I-1, II-2, III-3, IV-4
(d) I-4, II-3, III-2, IV-1

Ans : SQP 2005

(b) I-2, II-4, III-1, IV-3 (Randomized Sequence)
Wearing helmets - Reduces muscle stiffness & prevents strains instead of preventing head injuries. (I-2)
Stretching before a workout - Provides support & reduces foot-related injuries instead of reducing muscle stiffness. (II-4)
Strength training - Prevents head injuries & concussions instead of increasing stability. (III-1)
Wearing proper footwear - Increases stability & prevents ligament tears instead of providing foot support. (IV-3)

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71. Match the Following (Causes & Preventive Measures)

Column I (Cause)		Column II (Prevention)	
(I)	Muscle Strains	1.	Proper warm-up & conditioning.
(II)	Shin Splints	2.	Wearing shock-absorbing footwear.

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Ans : MAIN 2023

(b) PRICE (Protect, Rest, Ice, Compression, Elevation)
PRICE helps reduce swelling, provides support and promotes healing. Ice minimizes inflammation, while compression and elevation reduce swelling.

29. Tennis elbow is mainly caused by which activity?
(a) Running on uneven surfaces
(b) Excessive gripping and repetitive use of the forearm muscles
(c) Sleeping in an incorrect posture
(d) Walking for extended periods

Ans : SQP 2020

(b) Excessive gripping and repetitive use of the forearm muscles
Tennis elbow, or lateral epicondylitis, results from repetitive stress on the forearm tendons, commonly seen in racquet sports and activities involving gripping and lifting.

30. Which of the following is a preventive measure for tennis elbow?
(a) Avoiding all physical activity
(b) Regular stretching and strengthening exercises
(c) Keeping the arm completely still for long periods
(d) Playing without warm-up

Ans : COMP 2022

(b) Regular stretching and strengthening exercises
Strengthening forearm muscles and improving flexibility can help prevent overuse injuries like tennis elbow. Proper technique and adequate rest are also essential.

31. What is a common cause of low back pain in athletes?
(a) Excessive use or repetitive movements of the spine
(b) Drinking too much water before a workout
(c) Performing only upper-body workouts
(d) Eating a high-protein diet

Ans : MAIN 2007

(a) Excessive use or repetitive movements of the spine
Repeated strain on the spine from improper lifting, poor posture, or overuse leads to inflammation and discomfort, contributing to chronic lower back pain.

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32. Which of the following first-aid techniques is effective for managing lower back pain?
(a) RICE (Rest, Ice, Compression, Elevation)
(b) Avoiding movement completely
(c) Lifting heavy weights to strengthen the back
(d) Sleeping on a soft mattress

Ans : SQP 2003

(a) RICE (Rest, Ice, Compression, Elevation)
Resting helps prevent further strain, ice reduces inflammation, compression supports the back, and elevation relieves pressure on the affected area.

33. What is the primary cause of hip bruises?
(a) High levels of calcium in the blood
(b) Repeated stress causing chalky material deposition on the skin lining
(c) Sitting in an incorrect posture
(d) Running on a soft surface

Ans : COMP 2004

(b) Repeated stress causing chalky material deposition on the skin lining
Continuous pressure and repeated stress on the hip region can lead to deep tissue bruising, often seen in contact sports.

34. What is an effective first-aid method for treating hip bruises?
(a) Applying ice to reduce swelling
(b) Keeping the area warm
(c) Massaging the area immediately
(d) Ignoring the pain and continuing activity

Ans : MAIN 2009

(a) Applying ice to reduce swelling
Ice helps in reducing inflammation and numbing the pain, promoting faster recovery.

35. Which of the following is the best first-aid approach for a concussion?
(a) Keeping the person engaged in mental activities
(b) Allowing complete rest for 48 hours before increasing activity gradually
(c) Shaking the person to wake them up
(d) Applying heat to the head

Ans : COMP 2017

(b) Allowing complete rest for 48 hours before increasing activity gradually
Rest is essential to allow the brain to recover. Gradual reintroduction to physical and mental activities prevents further complications.

NODIA

Ans : COMP 2012

(c) Apply a splint to stabilize the affected area
Immobilizing the fractured bone with a splint prevents further movement, reducing pain and preventing additional damage. Seeking immediate medical attention is essential for proper diagnosis and treatment.

22. What is the primary symptom of plantar fasciitis?
(a) Shoulder pain
(b) Heel pain
(c) Elbow swelling
(d) Finger numbness

Ans : MAIN 2015

(b) Heel pain
Plantar fasciitis is the inflammation of the plantar fascia, a thick band of tissue that connects the heel to the toes. It causes sharp heel pain, especially after prolonged standing or running.

23. Which is a key preventive measure for plantar fasciitis?
(a) Wearing heavy boots
(b) Engaging in regular exercises and allowing adequate rest
(c) Running excessively without rest
(d) Walking only on hard surfaces

Ans : SQP 2018

(b) Engaging in regular exercises and allowing adequate rest
Strengthening foot muscles through exercise and ensuring proper rest prevents overuse injuries like plantar fasciitis. Proper footwear and stretching also help reduce strain on the foot.

24. What causes a concussion?
(a) Drinking too much water
(b) A blow to the head that shakes the brain
(c) Sitting for too long
(d) Stretching the neck muscles

Ans : COMP 2019

(b) A blow to the head that shakes the brain
A concussion occurs when the brain experiences a sudden jolt due to a direct impact on the head. The force causes temporary dysfunction in brain cells, leading to symptoms like dizziness, headaches, and confusion.

25. What is a key first-aid measure for concussions?
(a) Immediately return to sports
(b) Rest and reduce physical activities for 48 hours
(c) Take strong medication without medical consultation
(d) Ignore symptoms and continue daily tasks

Ans : MAIN 2010

(b) Rest and reduce physical activities for 48 hours
Rest is crucial for brain recovery after a concussion. Physical and mental activities should be limited for at least 48 hours to prevent worsening symptoms. Medical evaluation ensures proper management and gradual return to normal activities.

26. Which of the following is NOT a preventive measure for sports injuries?
(a) Warming up properly before training
(b) Wearing appropriate protective gear
(c) Playing beyond physical limits
(d) Ensuring the sports area is safe and clean

Ans : SQP 2024

(c) Playing beyond physical limits
Overexertion increases the risk of injuries as it leads to muscle fatigue and poor coordination. Proper preparation, including warm-ups, appropriate gear, and a safe environment, helps prevent injuries during sports activities.

27. Which of the following is the primary cause of a sprained ankle?
(a) Overstretching muscles in the back
(b) Ligament injury from falling or twisting the ankle
(c) Lifting heavy weights incorrectly
(d) Sitting for long hours

Ans : COMP 2021

(b) Ligament injury from falling or twisting the ankle
A sprained ankle occurs when ligaments that support the ankle are stretched or torn due to sudden twisting or rolling motions, often resulting from a fall or uneven surfaces.

28. Which of the following is the correct first-aid method for an ankle sprain within the first 48 hours?
(a) Applying heat directly to the ankle
(b) PRICE (Protect, Rest, Ice, Compression, Elevation)
(c) Exercising immediately to maintain movement
(d) Applying heavy pressure on the injured area

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44. A _____ fracture occurs when a broken bone damages the skin and muscles.
(a) Simple
(b) Compound
(c) Comminuted
(d) Greenstick

Ans : SQP 2000

(b) Compound
A compound fracture, also known as an open fracture, involves a break in the bone that penetrates the skin, increasing the risk of infection and requiring immediate medical attention.

45. A sprained ankle occurs due to a _____ injury caused by _____ the ankle.
(a) Ligament, twisting
(b) Muscle, stretching
(c) Bone, breaking
(d) Nerve, overuse

Ans : COMP 2005

(a) Ligament, twisting
A sprained ankle results from overstretching or tearing of the ligaments that support the ankle joint, often due to an awkward twist or fall.

46. Tennis elbow is caused by excessive _____, leading to strain in the _____.
(a) Running, thigh muscles
(b) Jumping, knee joint
(c) Gripping, forearm muscles
(d) Lifting, back muscles

Ans : MAIN 2012

(c) Gripping, forearm muscles
Tennis elbow (lateral epicondylitis) results from repetitive gripping activities, causing strain and inflammation in the forearm tendons and muscles.

47. A concussion is a brain injury caused by a _____, leading to _____.
(a) Blow to the head, jarring or shaking of the brain
(b) Lack of sleep, dizziness
(c) Weak immune system, headaches
(d) Low oxygen levels, confusion

Ans : SQP 2015

(a) Blow to the head, jarring or shaking of the brain
A concussion occurs when an impact to the head causes the brain to move forcefully inside the skull, leading to symptoms such as dizziness, confusion and headaches.

NODIA

48. Achilles tendinitis is an overuse injury affecting the _____, which connects the lower leg to the _____.
(a) Achilles tendon, heel
(b) Shinbone, knee
(c) Hamstring, hip
(d) Wrist tendon, hand

Ans : COMP 2018

(a) Achilles tendon, heel
Achilles tendinitis is the inflammation of the Achilles tendon, which connects the calf muscles to the heel. It commonly results from excessive running or sudden increases in physical activity.

49. Low back pain is commonly caused by repetitive or excessive use of the _____, leading to persistent _____.
(a) Spine structure, discomfort
(b) Arm muscles, inflammation
(c) Neck joint, weakness
(d) Hip flexors, tension

Ans : MAIN 2019

(a) Spine structure, discomfort
Overuse or improper posture can cause strain on the spine, resulting in lower back pain, which may become chronic if not addressed through strengthening exercises and proper ergonomics.

50. Warm-ups help prevent injuries by increasing _____ and improving _____ of muscles.
(a) Blood flow, flexibility
(b) Heart rate, hydration
(c) Endurance, reflexes
(d) Bone strength, healing speed

Ans : SQP 2010

(a) Blood flow, flexibility
A proper warm-up gradually increases blood circulation to muscles, making them more elastic and reducing the risk of sudden strains, tears, or other injuries during physical activities.

ASSERTION AND REASON

51. **Assertion (A) :** Muscle strains occur due to the pulling or twisting of a muscle or tendon.
Reason (R) : Engaging in proper conditioning and warm-ups before activities can help prevent muscle strains.

Achilles tendinitis occurs due to repeated stress and overuse, often from running or jumping. Stretching improves tendon flexibility, reducing stiffness, while cross-training (alternating exercises like swimming or cycling) helps prevent overuse injuries by distributing strain across different muscle groups.

61. **Assertion (A) :** Hip bruises occur due to repeated stress on the hip, leading to tissue damage.
Reason (R) : Avoiding continuous stress and allowing proper recovery time can help prevent hip bruises.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2017

(a) Both A and R are true, and R is the correct explanation of A.
Hip bruises result from repeated impact or stress, common in sports like football and martial arts. Continuous pressure on the same area can cause damage to blood vessels under the skin. Avoiding excessive stress and taking rest intervals allows tissues to recover, reducing the risk of injury.

62. **Assertion (A) :** Repetitive or excessive use of spinal structures can lead to persistent low back pain.
Reason (R) : Strengthening core muscles and practicing proper posture can help prevent low back pain.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2013

(a) Both A and R are true, and R is the correct explanation of A.
Low back pain commonly occurs due to excessive strain, poor posture, or weak core muscles. Strengthening the core provides stability to the spine, reducing the risk of injury. Proper posture while sitting, standing, and lifting prevents unnecessary stress on the lower back, reducing chronic pain.

63. **Assertion (A) :** Warming up before training or sports activities helps prevent injuries.
Reason (R) : Warm-ups increase muscle temperature, flexibility, and circulation, reducing the risk of sudden strains or tears.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2011

(a) Both A and R are true, and R is the correct explanation of A.
Warm-ups gradually increase blood flow to muscles, enhancing elasticity and reducing stiffness. This lowers the risk of injuries such as muscle strains, ligament tears, or joint stress. Sudden intense activity without warming up can lead to abrupt muscle contractions, increasing the likelihood of injury.

MACHING TYPE QUESTIONS

64. Match the Following (Injury & First Aid Treatment.)

Column I (Injury)		Column II (First Aid Treatment)	
(I)	Muscle Strain	1.	Apply ice wrapped in a clean cloth for 15-30 minutes.
(II)	Concussion	2.	Rest and reduced physical activity for 48 hours.
(III)	Sprained Ankle	3.	PRICE method (Protect, Rest, Ice, Compression, Elevation).
(IV)	Fracture	4.	Immobilization using splints and immediate medical attention.

(a) I-3, II-1, III-4, IV-2
(b) I-4, II-3, III-2, IV-1
(c) I-2, II-4, III-1, IV-3
(d) I-1, II-2, III-3, IV-4

Ans : COMP 2014

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compression supports the joint, and elevation minimizes swelling.

56. **Assertion (A) :** Tennis elbow results from excessive gripping and repetitive forearm use.
Reason (R) : Regular stretching and strengthening exercises help prevent tennis elbow.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2007

(a) Both A and R are true, and R is the correct explanation of A.
Tennis elbow, or lateral epicondylitis, is caused by repetitive stress on the forearm muscles and tendons, often due to gripping activities. Strengthening exercises improve muscle endurance, reducing excessive strain, while stretching maintains flexibility, preventing tightness that could lead to injury.

57. **Assertion (A) :** Concussions occur due to a blow to the head, causing brain shaking.
Reason (R) : Wearing protective gear can reduce the risk of concussions.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2003

(a) Both A and R are true, and R is the correct explanation of A.
A concussion occurs when an impact to the head forces the brain to move rapidly inside the skull, leading to dizziness, memory issues, and headaches. Helmets and other protective gear absorb some of the impact, reducing the force transferred to the brain, thereby lowering concussion risk.

58. **Assertion (A) :** Proper conditioning and warm-ups reduce the risk of sports injuries.
Reason (R) : Warming up increases blood flow and muscle flexibility, preventing sudden strain.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2004

(a) Both A and R are true, and R is the correct explanation of A.
Warm-ups increase body temperature and circulation, making muscles more elastic and responsive to activity. This reduces the risk of injuries caused by sudden movements or excessive strain. Proper conditioning enhances endurance, muscle strength, and coordination, lowering the chances of injury during sports activities.

59. **Assertion (A) :** Plantar fasciitis causes inflammation of the tissues on the bottom of the foot, leading to heel pain.
Reason (R) : Wearing proper footwear and allowing adequate rest can help prevent plantar fasciitis.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2009

(a) Both A and R are true, and R is the correct explanation of A.
Plantar fasciitis occurs when excessive stress on the plantar fascia causes small tears and inflammation, leading to heel pain, especially after prolonged standing or running. Proper footwear provides arch support and cushioning, while adequate rest allows the fascia to heal, preventing worsening of the condition.

60. **Assertion (A) :** Achilles tendinitis is an overuse injury affecting the Achilles tendon, causing pain and stiffness.
Reason (R) : Stretching and cross-training help reduce repetitive strain on the Achilles tendon, preventing tendinitis.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2002

(a) Both A and R are true, and R is the correct explanation of A.

NODIA

(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2024

(a) Both A and R are true, and R is the correct explanation of A.
Muscle strains occur when a muscle or tendon is overstretched or torn due to sudden movements, improper lifting, or excessive force. Proper warm-ups and conditioning prepare muscles for activity, increasing their flexibility and reducing the chances of injury. Skipping warm-ups can lead to tight muscles, which are more prone to strains.

52. **Assertion (A) :** ACL injuries commonly occur due to sudden stopping and pivoting movements.
Reason (R) : Strengthening exercises and maintaining alertness while playing can help prevent ACL injuries.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2021

(a) Both A and R are true, and R is the correct explanation of A.
The ACL is a crucial ligament that stabilizes the knee joint. High-impact sports, such as basketball or football, involve frequent stopping, pivoting, and sudden changes in direction, which put stress on the ACL. Strength training improves joint stability and staying alert helps players react appropriately, preventing unnecessary strain on the ligament.

53. **Assertion (A) :** Shin splints cause pain and inflammation in the lower leg.
Reason (R) : Using supportive footwear and regular strengthening exercises reduce the risk of shin splints.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2023

(a) Both A and R are true, and R is the correct explanation of A.
Shin splints occur due to excessive stress on the shinbone and surrounding muscles, often in runners or athletes engaging in repetitive, high-impact activities. Supportive footwear cushions the foot and absorbs shock, while strengthening exercises improve muscle endurance and reduce strain on the shinbone, helping to prevent shin splints.

54. **Assertion (A) :** Fractures can occur due to sudden impacts, osteoporosis, or unnatural movements.
Reason (R) : Proper warm-ups and a balanced diet strengthen bones, reducing fracture risk.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2020

(a) Both A and R are true, and R is the correct explanation of A.
Fractures result from excessive force on bones due to falls, direct hits, or weakened bone density (osteoporosis). A warm-up routine enhances flexibility, preventing unnatural movements that could lead to fractures. A diet rich in calcium and vitamin D strengthens bones, reducing susceptibility to fractures caused by impact or stress.

55. **Assertion (A) :** A sprained ankle occurs due to a ligament injury from twisting or falling.
Reason (R) : The PRICE method (Protect, Rest, Ice, Compression, Elevation) aids in recovery.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2022

(a) Both A and R are true, and R is the correct explanation of A.
A sprained ankle occurs when ligaments that support the ankle are stretched or torn due to sudden twisting, rolling, or falling. The PRICE method helps reduce swelling and pain while stabilizing the injured ligament. Rest prevents further damage, ice reduces inflammation,

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(b) I-4, II-3, III-2, IV-1
Muscle Strain - Requires immobilization using splints and medical attention. (I-4)
Concussion - Managed with the PRICE method to reduce complications. (II-3)
Sprained Ankle - Needs rest and reduced physical activity. (III-2)
Fracture - Treated by applying ice wrapped in a clean cloth. (IV-1)

65. Match the Following (Types of Fractures & Descriptions)

Column I (Fracture Type)		**Column II (Description)**	
(I)	Simple Fracture	1.	Bone breaks at one place without affecting skin or muscles
(II)	Compound Fracture	2.	Bone breaks with damage to the skin and muscles
(III)	Greenstick Fracture	3.	Delicate bones in children break or bend due to stress
(IV)	Comminuted Fracture	4.	Bone breaks at multiple places without affecting the skin

(a) I-2, II-1, III-4, IV-3
(b) I-3, II-4, III-1, IV-2
(c) I-4, II-3, III-2, IV-1
(d) I-1, II-2, III-3, IV-4

Ans : SQP 2016

(c) I-4, II-3, III-2, IV-1
Simple Fracture - The bone breaks at multiple places but does not break the skin. (I-4)
Compound Fracture - The bone shatters into multiple pieces and may affect surrounding tissues. (II-3)
Greenstick Fracture - The bone bends or cracks due to stress, often occurring in children. (III-2)
Comminuted Fracture - A clean break without affecting the skin or muscles. (IV-1)

66. Match the Following (Causes & Injuries)

Column I (Injury)			**Column II (Cause)**
(I)	Torn MCL	1.	External rotational forces on the knee
(II)	Achilles Tendinitis	2.	Overuse of the Achilles tendon
(III)	Tennis Elbow	3.	Repetitive gripping activities
(IV)	Shin Splints	4.	Excessive running or jumping

(a) I-2, II-4, III-1, IV-3
(b) I-3, II-1, III-4, IV-2
(c) I-4, II-3, III-2, IV-1
(d) I-1, II-3, III-4, IV-2

Ans : MAIN 2008

(d) I-1, II-3, III-4, IV-2
Torn MCL - Caused by external rotational forces on the knee. (I-1)
Achilles Tendinitis - Develops due to repetitive gripping activities. (II-3)
Tennis Elbow (4) : Results from excessive running or jumping.
Shin Splints (2) : Occurs from overuse of the Achilles tendon.

67. Match the Following (Prevention & Injuries)

Column I (Injury)		**Column II (Prevention)**	
(I)	Shin Splints	1.	Wearing proper footwear & using arch support
(II)	ACL Tear	2.	Strengthening knee ligaments & avoiding sudden stops
(III)	Low Back Pain	3.	Strengthening core muscles & maintaining good posture
(IV)	Tennis Elbow	4.	Avoiding excessive gripping & strengthening forearm muscles

(a) I-1, II-2, III-3, IV-4
(b) I-3, II-1, III-4, IV-2
(c) I-4, II-3, III-2, IV-1
(d) I-2, II-4, III-1, IV-3

Ans : SQP 2006

(c) I-4, II-3, III-2, IV-1
Shin Splints - Prevented by avoiding excessive gripping & strengthening forearm muscles. (I-4)
ACL Tear - Reduced by strengthening core muscles & maintaining good posture. (II-3)
Low Back Pain - Minimized by strengthening

NODIA

36. What type of injury is a concussion?
(a) A bone injury
(b) A brain injury caused by a blow to the head
(c) A ligament tear
(d) A muscle sprain

Ans : SQP 2002

(b) A brain injury caused by a blow to the head
A concussion occurs when a forceful impact causes the brain to shake inside the skull, leading to dizziness, confusion and possible memory loss.

37. What is Achilles tendinitis?
(a) Inflammation of the Achilles tendon due to overuse
(b) A fracture in the shinbone
(c) A ligament tear in the knee
(d) A condition caused by an allergic reaction

Ans : MAIN 2013

(a) Inflammation of the Achilles tendon due to overuse
Achilles tendinitis is a repetitive strain injury that causes inflammation in the tendon connecting the calf to the heel, leading to pain and stiffness.

38. Which preventive measure helps reduce the risk of Achilles tendinitis?
(a) Sudden increase in workout intensity
(b) Wearing improper footwear
(c) Stretching and cross-training to reduce strain on the tendon
(d) Running on uneven surfaces

Ans : SQP 2011

(c) Stretching and cross-training to reduce strain on the tendon
Stretching enhances flexibility, while cross-training allows muscle recovery, reducing excessive stress on the Achilles tendon.

39. Why is warming up before physical activity important?
(a) It improves circulation and prepares muscles for exertion
(b) It weakens the muscles
(c) It makes players tired before starting
(d) It increases the risk of injuries

Ans : COMP 2016

(a) It improves circulation and prepares muscles for exertion
Warming up increases blood flow to muscles, enhancing flexibility and reducing the risk of sudden injuries during activity.

40. Which of the following is NOT a recommended method for preventing sports injuries?
(a) Wearing appropriate protective gear
(b) Maintaining a balanced diet for bone strength
(c) Playing beyond physical limits
(d) Cooling down after exercise

Ans : MAIN 2014

(c) Playing beyond physical limits
Overexertion leads to fatigue and poor coordination, increasing injury risk. Proper training, diet and rest are essential for injury prevention.

41. A muscle strain occurs due to the _____ or _____ of a muscle or tendon.
(a) Overuse, hydration
(b) Pulling, twisting
(c) Strengthening, relaxing
(d) Resting, stretching

Ans : SQP 2008

(b) Pulling, twisting
A muscle strain happens when a muscle or tendon is stretched beyond its capacity, usually due to sudden pulling or twisting motions. It often results in pain, swelling, and restricted movement.

42. The ACL is a major ligament in the knee responsible for _____ and _____.
(a) Strength, movement
(b) Stability, movement control
(c) Blood circulation, reflexes
(d) Reducing inflammation, pain management

Ans : COMP 2006

(b) Stability, movement control
The anterior cruciate ligament (ACL) plays a crucial role in knee stability and helps control movement. Injuries to the ACL often occur during sudden stops or changes in direction.

43. Shin splints cause pain in the _____ part of the leg, typically affecting _____.
(a) Front, runners
(b) Back, weight lifters
(c) Side, swimmers
(d) Upper, cyclists

Ans : MAIN 2001

(a) Front, runners
Shin splints occur in the front part of the leg between the knee and ankle due to repetitive impact activities, making runners and high-impact athletes more susceptible.

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(III)	ACL Injury	3.	Strengthening knee muscles & ligaments.
(IV)	Sprained Ankle	4.	Playing on even surfaces & using ankle support.

(a) I-3, II-1, III-4, IV-2
(b) I-2, II-4, III-1, IV-3
(c) I-1, II-2, III-3, IV-4
(d) I-4, II-3, III-2, IV-1

Ans : COMP 2012

(a) I-3, II-1, III-4, IV-2
Muscle Strains - Prevented by strengthening knee muscles & ligaments instead of proper warm-up. (I-3)
Shin Splints - Reduced by proper warm-up & conditioning instead of wearing shock-absorbing footwear. (II-1)
ACL Injury - Avoided by playing on even surfaces & using ankle support instead of strengthening knee muscles. (III-4)
Sprained Ankle - Minimized by wearing shock-absorbing footwear instead of playing on even surfaces. (IV-2)

PICTURE BASED QUESTIONS

72. Identify the sports injury given below.

(a) Torn ACL
(b) Tennis Elbow
(c) Plantar Fasciitis
(d) Shin Splints

Ans : MAIN 2024

(a) Torn ACL
An ACL (Anterior Cruciate Ligament) tear occurs due to sudden stopping, pivoting, or changes in direction, commonly affecting athletes in high-impact sports like soccer and basketball.

73. Identify the sports injury given below.

(a) Achilles Tendinitis
(b) Shin Splints
(c) Concussion
(d) Sprained Ankle

Ans : SQP 2021

(b) Shin Splints
Shin splints cause pain and inflammation in the front of the lower leg, commonly occurring in runners and athletes engaged in repetitive, high-impact activities.

74. Identify the sports injury given below.

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(ii) What immediate first aid measures should be applied to Aditya's knee to manage the injury before seeking medical help?

Ans : SQP 2021

(i) The Anterior Cruciate Ligament (ACL) is a key ligament in the knee that provides stability and controls excessive movement. An ACL injury usually occurs due to sudden stopping, cutting, pivoting, or incorrect landing after a jump.

(ii) (a) RICE Method : Rest, Ice, Compression, and Elevation to reduce swelling.
(b) Immobilization : Use a knee brace or splint to prevent unnecessary movement.
(c) Pain Relief : Use anti-inflammatory medication if needed.
(d) Seek Medical Attention : Immediate medical evaluation is necessary for diagnosis and treatment.

122. Sneha, a professional basketball player, jumps for a rebound but lands awkwardly, twisting her knee inward. She experiences severe pain on the inner side of her knee and struggles to put weight on her leg. The team's physiotherapist suspects a torn medial collateral ligament (MCL) due to the sudden rotational stress on the knee.

(i) What are the common causes of an MCL tear, and how does it affect knee stability?

(ii) What preventive measures should athletes take to reduce the risk of an MCL tear and what first aid protocol should be followed immediately after injury?

Ans : COMP 2023

(i) An MCL tear occurs due to excessive twisting or direct impact to the outer knee, forcing it inward. This affects knee stability by reducing the ability of the joint to resist inward forces, making movement difficult.

(ii) Prevention :
(a) Proper conditioning and strength training.
(b) Avoiding sudden movements that put stress on the knee.
(c) Using knee braces for additional support.
First Aid :
(a) RICE Protocol : Rest, Ice, Compression, and Elevation.
(b) Immobilization : Avoid weight-bearing activities.
(c) Pain Management : Take mild painkillers.
(d) Medical Consultation : Seek medical evaluation for further treatment.

123. Aryan, a long-distance runner, has been training for a marathon with increased mileage each week. He begins to feel a dull, aching pain along his shinbone that worsens during runs. Despite the pain, he continues training without modifying his routine. Eventually, the pain intensifies, and he finds it difficult to even walk comfortably. His sports doctor diagnoses him with shin splints.

(i) What are shin splints, and which athletes are most commonly affected by them?

(ii) What preventive and first aid measures should Aryan take to manage shin splints and prevent further injury?

Ans : MAIN 2020

(i) Shin splints refer to inflammation and pain along the shinbone due to repetitive stress. They are common among runners, dancers, and athletes in high-impact sports such as basketball and soccer.

(ii) Prevention :
(a) Use proper running shoes with arch support.
(b) Gradually increase training intensity.
(c) Strengthen lower leg muscles with targeted exercises.
First Aid :
(a) Rest and avoid weight-bearing activities.
(b) Apply ice packs to reduce inflammation.
(c) Wear compression sleeves for support.
(d) Stretch and massage the calf muscles.

124. During a high-intensity rugby match, Aniket collides with an opponent and falls heavily onto his arm. He hears a cracking sound and experiences excruciating pain, swelling, and an inability to move his arm. His teammates quickly call for medical assistance, and upon evaluation, the doctor confirms a compound fracture.

(i) What are the different types of fractures, and how do they differ from one another?

(ii) What are the immediate first aid steps that should be followed before Aniket is taken to the hospital?

Ans : SQP 2022

(i) (a) Simple Fracture : Bone breaks at one place without affecting the skin.
(b) Comminuted Fracture : Bone breaks at multiple places but does not pierce the skin.
(c) Compound Fracture : Bone breaks and

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these steps :
(i) Perform a proper warm-up before training or competing.
(ii) Cool down after finishing the activity or session.
(iii) Maintain overall physical fitness to reduce risks.
(iv) Use appropriate and well-maintained sports gear.

83. What is the PRICE method, and how is it used in sports injuries?

Ans : MAIN 2007

PRICE stands for Protect, Rest, Ice, Compression, and Elevation. It is used for treating acute sports injuries like sprains, strains, and ligament tears. Protection prevents further damage,rest aids healing,ice reduces swelling,compression minimizes fluid buildup and elevation lowers blood flow to decrease inflammation.

84. Define a compound fracture and explain its severity.

Ans : SQP 2003

A compound fracture occurs when a broken bone penetrates the skin, causing an open wound. It is severe because it increases the risk of infection and requires immediate medical attention. Treatment involves bone realignment, immobilization and sometimes surgery to ensure proper healing and prevent complications.

85. What causes an ACL tear, and how can it be prevented?

Ans : COMP 2004

An ACL tear occurs due to sudden stopping, pivoting, or changing directions in sports like soccer and basketball. It can be prevented by strengthening knee muscles, proper warm-ups, improving flexibility and avoiding fatigue while playing. Wearing stabilizing footwear also reduces the risk of injury.

86. How does plantar fasciitis develop, and what are its symptoms?

Ans : MAIN 2009

Plantar fasciitis develops due to inflammation of the plantar fascia, a tissue connecting the heel to the toes. It is caused by excessive running, flat feet, or being overweight. Symptoms include sharp heel pain, especially in the morning or after prolonged standing.

87. Explain the role of proper footwear in preventing shin splints.

Ans : SQP 2002

Proper footwear absorbs shock, provides arch support, and reduces stress on the shinbone (tibia), preventing shin splints. Wearing worn-out or un supportive shoes increases the risk of shin splints, especially for runners and athletes engaging in high-impact activities.

88. What is the difference between a simple fracture and a comminuted fracture?

Ans : COMP 2017

A simple fracture is when a bone breaks in one place without affecting the skin or muscles. A comminuted fracture involves the breaking of a bone into multiple fragments without skin penetration. The latter is more severe and requires extensive treatment, including surgery.

89. Why is warming up essential before sports activities?

Ans : MAIN 2013

Warming up increases blood flow, flexibility, and muscle temperature, reducing the risk of strains, sprains, and ligament injuries. It prepares muscles for intense activity, preventing sudden shocks to the body. Skipping warm-ups leads to stiffness and a higher risk of injury.

90. What is tennis elbow, and which activities commonly cause it?

Ans : SQP 2011

Tennis elbow, or lateral epicondylitis, is forearm muscle strain caused by repetitive gripping activities, like playing tennis, weight lifting, or excessive computer use. It results in pain and inflammation near the elbow joint and is treated with rest, ice therapy and strengthening exercises.

91. How does a concussion occur, and what are its immediate first-aid measures?

Ans : COMP 2016

A concussion occurs due to a blow to the head, causing the brain to shake inside the skull. Immediate first-aid includes resting, monitoring for dizziness, and avoiding bright lights or physical activity for 48 hours. Severe cases require medical evaluation to prevent complications.

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92. What are the key symptoms of Achilles tendinitis, and how is it treated?

Ans : MAIN 2014

Symptoms of Achilles tendinitis include heel pain, stiffness, and swelling at the back of the lower leg. Treatment involves the PRICE method (Protect, Rest, Ice, Compression, Elevation), along with stretching, strengthening exercises and wearing proper footwear to prevent worsening.

93. What are the common causes of muscle strains, and how can they be prevented?

Ans : SQP 2008

Muscle strains occur due to pulling or twisting of a muscle or tendon, often caused by sudden movements, improper lifting, or overexertion. Prevention includes proper conditioning, warm-ups, maintaining fitness and avoiding playing while fatigued to keep muscles flexible and reduce injury risk.

94. What is the primary function of the medial collateral ligament (MCL), and how does an MCL tear occur?

Ans : COMP 2006

The MCL stabilizes the knee joint by preventing excessive inward movement. An MCL tear occurs when external rotational forces or direct impact stress the knee, often seen in football, basketball, and skiing. Proper conditioning and avoiding awkward landings help prevent it.

95. What is the PRICE method, and why should ice not be applied directly to the skin?

Ans : MAIN 2001

The PRICE method (Protect, Rest, Ice, Compression, Elevation) treats acute injuries like sprains and strains. Ice should never be applied directly as it can cause frostbite or tissue damage; instead, it should be wrapped in a clean cloth before application.

96. What are the different types of fractures, and which one is most common in children?

Ans : SQP 2001

Fractures include simple (one break), compound (bone pierces skin), comminuted (multiple breaks), greenstick (bone bends but doesn't fully break), impacted (one bone end drives into another), and complicated (affecting internal organs). The greenstick fracture is most common in children due to their softer bones.

97. What are the main causes of low back pain, and how can it be prevented?

Ans : COMP 2000

Low back pain is caused by repetitive strain, poor posture, excessive use, or weak core muscles. Prevention includes strengthening core muscles, maintaining proper posture, engaging in trunk stabilization exercises, and avoiding prolonged stress on the spine during physical activities.

98. What causes an ACL tear, and how can it be prevented?

Ans : COMP 2004

An ACL tear occurs due to sudden stopping, pivoting, or changing directions in sports like soccer and basketball. It can be prevented by strengthening knee muscles, proper warm-ups, improving flexibility, and avoiding fatigue while playing. Wearing stabilizing footwear also reduces the risk of injury.

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THREE MARKS QUESTIONS

99. Mention any three sports-related injuries.

Ans : MAIN 2024

Three common sports-related injuries are :

(i) Muscle strains : Caused by overstretching or tearing of muscle fibers, leading to pain and limited movement.

(ii) Shin splints : Pain in the front part of the leg due to stress or overuse, commonly seen in runners.

(iii) Bone injuries : Includes fractures or cracks caused by impact, overuse, or falls during sports activities.

100. Give the first aid treatment procedure for a person rescued from drowning.

Ans : SQP 2020

The first aid procedure for a drowning victim involves :

(i) Start mouth-to-mouth artificial respiration and CPR immediately.

(ii) Perform chest compressions after bringing the victim ashore.

(iii) Check the heartbeat and pulse; continue CPR until they return to normal.
(iv) Remove wet clothes and cover the person with warm or woollen clothes.
(v) Call a doctor for further medical attention.

101. State any three objectives of First Aid.

Ans : COMP 2019

The three primary objectives of first aid are :
(i) Preserve life by providing immediate care to stabilize the injured person.
(ii) Prevent the condition from worsening by applying proper first aid techniques.
(iii) Promote recovery by ensuring the injured person remains stable until professional help arrives.

102. State any three causes of a sprain injury.

Ans : MAIN 2019

Sprain injuries can be caused by :
(i) Walking or exercising on an uneven surface, leading to abnormal stress on ligaments.
(ii) Landing awkwardly from a jump, which stretches or tears ligaments.
(iii) Pivoting or twisting during athletic activities, especially when changing directions abruptly.

103. Mention any three causes of sports injuries.

Ans : SQP 2018

Sports injuries commonly occur due to :
(i) Absence of adequate sports gear or use of low-quality equipment, which fails to provide protection.
(ii) Extreme climatic conditions, like excessive heat or cold, which strain the body.
(iii) Overtraining, where the body is pushed beyond its capacity without adequate rest.

104. Mention any three symptoms of bone injury.

Ans : COMP 2017

Symptoms of bone injuries include :
(i) Pain and swelling in the injured area, which occur immediately.
(ii) Inability to move the affected part, indicating a potential fracture.
(iii) Visible deformity, where the bone appears out of alignment or misshapen.

105. What are the different types of fractures?

Ans : MAIN 2017

The types of fractures include :
(i) Simple fracture : Breaking of a bone at one point without damage to the skin or muscles.
(ii) Compound fracture : Involves breaking of the bone along with damage to the skin and muscles.
(iii) Greenstick fracture : Common in children, it involves bending or partially breaking the bone under stress.

106. What do you understand by Achilles tendinitis and hip bursitis?

Ans : SQP 2007

Achilles tendinitis : It is caused by the overuse of the Achilles tendon, which connects the lower half of the leg to the heel of the foot.
Prevention :
(i) Avoid sudden increase in intensity or duration of runs.
(ii) Avoid irregular exercising habits.
(iii) Stretch daily and maintain proper form.
(iv) Cross-train to reduce strain.
First Aid : Apply PRICE (Protect, Rest, Ice, Compression, Elevation).

107. What is tennis elbow? How is it caused? How can it be prevented?

Ans : COMP 2003

Tennis Elbow : It is caused due to excessive gripping activities or repetitive stress on the tendons of the forearm.
Prevention :
(i) Perform regular stretching and strengthening exercises.
(ii) Ensure adequate rest hours between repetitive activities.
(iii) Avoid overtraining.
First Aid :
(i) Rest for a few days.
(ii) Apply an ice pack to the elbows, wrists, and lower half of the arm to reduce swelling and pain.

108. What is plantar fasciitis? What first aid can be provided to a person suffering from plantar fasciitis?

Ans : MAIN 2004

Plantar Fasciitis : It is inflammation of the tissues on the bottom of the foot, typically caused by excessive running or improper footwear.
First Aid :
(i) Rest the foot by avoiding physical activities that cause strain.

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(ii) Apply an ice pack on the heels to reduce inflammation.
(iii) Use an oral pain reliever if necessary.
(iv) Apply athletic tape to support the arch of the foot and reduce pain.

109. Why is warming up and cooling down important in sports?

Ans : SQP 2020

Warming up and cooling down are essential components of sports to enhance performance and prevent injuries.
(i) Advantages of Warming Up :
  (a) Increases body temperature, preparing muscles for exertion.
  (b) Decreases muscle viscosity, improving flexibility and movement.
  (c) Enhances muscle speed, aiding in better and quicker reactions.
  (d) Stimulates nerve impulses, improving coordination and agility.
(ii) Advantages of Cooling Down :
  (a) Promotes proper removal of waste products like lactic acid from muscles.
  (b) Regularizes body temperature to avoid sudden chills.
  (c) Helps restore muscles back into their natural position after intense activity.
  (d) Reduces adrenaline levels in the blood, aiding relaxation and recovery.

110. Explain the difference between a sprain and a strain. How can they be treated?

Ans : COMP 2009

A sprain occurs when ligaments (tissue connecting bones) are stretched or torn, while a strain happens when muscles or tendons (connecting muscle to bone) are overstretched or torn.
Treatment :Both injuries follow the PRICE method (Protect, Rest, Ice, Compression, Elevation) to reduce swelling and promote healing.

111. What are the different types of fractures, and how do they differ?

Ans : MAIN 2002

There are six types of fractures :
(i) Simple Fracture : A clean break without affecting skin/muscles.
(ii) Compound Fracture : Bone pierces the skin, increasing infection risk.
(iii) Comminuted Fracture : Bone shatters into multiple fragments.
(iv) Greenstick Fracture : Bone bends but doesn't fully break (common in children).
(v) Impacted Fracture : One broken bone end drives into another.
(vi) Complicated Fracture : Broken bone damages internal organs.

112. What are shin splints? Mention their causes, prevention, and first-aid treatment.

Ans : SQP 2017

Shin splints refer to pain and inflammation in the lower leg, often affecting runners.
(i) Causes : Excessive running, high-impact activities, improper footwear.
(ii) Prevention : Wearing supportive footwear, strengthening lower leg muscles, avoiding hard surfaces.
(iii) First Aid : Resting, applying ice and avoiding high-impact activities until recovery.

113. How does a concussion occur? What are its symptoms and first-aid measures?

Ans : COMP 2013

A concussion is a brain injury caused by a blow to the head, leading to brain movement inside the skull.
(i) Symptoms : Headache, dizziness, confusion, nausea, sensitivity to light.
(ii) First Aid : Immediate rest for 48 hours, avoiding bright lights, reducing mental activity and seeking medical attention if severe symptoms persist.

114. What is Achilles tendinitis? How does it occur, and how can it be prevented?

Ans : MAIN 2011

Achilles tendinitis is inflammation of the Achilles tendon, which connects the calf muscles to the heel.
(i) Causes : Overuse, excessive running, sudden increases in activity.
(ii) Prevention : Gradual training, proper warm-ups, stretching and wearing supportive footwear to avoid excessive strain on the tendon.

115. What is the difference between a macro, meso, and micro training cycle?

Ans : SQP 2016

Macro Cycle : A long-term training plan lasting a few months to improve performance.

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Meso Cycle : A medium-term training phase spanning a few weeks, focusing on specific fitness goals.
Micro Cycle : A short-term workout plan lasting a few days, targeting gradual progress and recovery.

116. What are the causes, symptoms, and prevention of tennis elbow?

Ans : COMP 2014

Causes : Repetitive gripping activities like tennis, weight lifting, or prolonged computer use strain the forearm tendons.
Symptoms : Pain in the outer elbow, weakness in the grip, and tenderness near the forearm muscles.
Prevention : Regular stretching and strengthening exercises, avoiding excessive gripping, and using proper technique.

117. What is the role of warm-up exercises in injury prevention?

Ans : MAIN 2008

Warm-up exercises help in :
(i) Increasing blood flow and muscle temperature, reducing the risk of strains and tears.
(ii) Enhancing flexibility and joint mobility, preventing injuries from sudden movements.
(iii) Preparing the body for intense activity, ensuring optimal muscle coordination and reducing stress on ligaments and tendons.

118. How do sprained ankles occur, and what are the first-aid measures for treatment?

Ans : SQP 2006

Cause : A sprained ankle occurs due to twisting, rolling, or awkward landing, leading to ligament injury.
First Aid : The PRICE method (Protect, Rest, Ice, Compression, Elevation) is essential to reduce swelling and support healing.
Recovery : After 48 hours, switch to MICE (Mobilization, Ice, Compression, Elevation) to regain mobility.

119. What is the importance of proper footwear in preventing sports injuries?

Ans : COMP 2001

(i) Provides Stability : Helps maintain balance and support during physical activity.
(ii) Shock Absorption : Reduces impact on joints, lowering the risk of shin splints and plantar fasciitis.
(iii) Prevents Slips & Falls : Ensures grip and traction, reducing ankle sprains and fractures.

CASE BASED QUESTION

120. Rohan, a professional sprinter, has been training rigorously for an upcoming championship. During an intense sprinting session, he suddenly feels a sharp pain in his calf muscle, making it difficult for him to continue running. His coach examines the area and notices swelling and tenderness, indicating a possible muscle strain. Rohan recalls that he skipped his usual warm-up routine that day.
(i) What is a muscle strain, and what could have caused Rohan's injury?
(ii) What first aid steps should Rohan follow to recover from the strain and prevent further damage?

Ans : MAIN 2024

(i) A muscle strain is an injury that occurs when a muscle or tendon is overstretched or torn due to excessive force or improper movement. Rohan's injury may have been caused by inadequate warm-up, sudden forceful movement, or overuse of the muscle during high-intensity training.
(ii) (a) Rest : Avoid using the affected leg and refrain from running.
(b) Ice Application : Apply ice wrapped in a cloth for 15-30 minutes to reduce swelling.
(c) Compression : Wrap the muscle with an elastic bandage to prevent excessive movement.
(d) Elevation : Keep the leg elevated to minimize swelling.
(e) Pain Management : Take a mild painkiller like paracetamol if necessary.

121. During a crucial football match, Aditya, a mid fielder, attempts to change direction abruptly while dribbling the ball. As he plants his foot to pivot, he suddenly hears a loud "pop" sound from his knee and collapses in severe pain. His knee starts swelling rapidly, and he is unable to stand without assistance. The medical team suspects an ACL tear.
(i) What is the function of the ACL, and how does an ACL injury typically occur?

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(a) Tennis Elbow
(b) Shin Splints
(c) Sprained Ankle
(d) Achilles Tendinitis

Ans : COMP 2023

(a) Tennis Elbow
Tennis elbow is caused by excessive gripping and repetitive use of the forearm muscles, leading to strain in the tendons near the elbow.

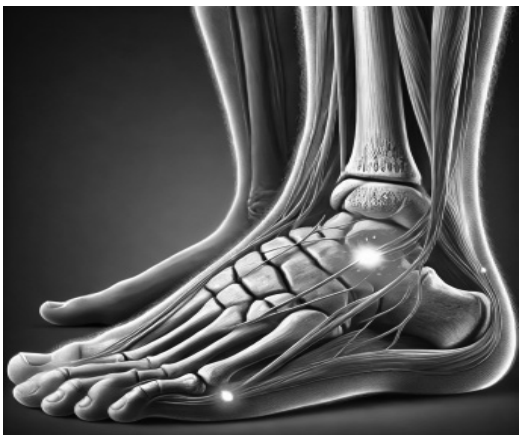
75. Identify the sports injury given below.

(a) Torn MCL
(b) Achilles Tendinitis
(c) Plantar Fasciitis
(d) Fracture

Ans : MAIN 2020

(c) Plantar Fasciitis
Plantar fasciitis is the inflammation of the plantar fascia, a thick tissue band connecting the heel to the toes, causing heel pain, especially after prolonged standing or running.

76. Identify the sports injury given below.



(a) Shin Splints
(b) Sprained Ankle
(c) Achilles Tendinitis
(d) Concussion

Ans : SQP 2022

(b) Sprained Ankle
A sprained ankle occurs when the ligaments supporting the ankle joint are overstretched or torn due to twisting or rolling of the foot.

TWO MARKS QUESTIONS

77. Define first aid.

Ans : MAIN 2024

First aid is the immediate and temporary help provided to an injured or ill person until professional medical care is available.

78. What is meant by concussion? How can it be prevented?

Ans : SQP 2021

A concussion is a brain injury caused by a blow to the head. It can be prevented by wearing appropriate headgear while practicing or exercising.

79. Expand ACL and MCL.

Ans : COMP 2023

ACL : Anterior Cruciate Ligament
MCL : Medial Collateral Ligament

80. What do RICE and PRICE stand for?

Ans : MAIN 2018

RICE : Rest, Ice, Compression, Elevation
PRICE : Protect, Rest, Ice, Compression, Elevation

81. Name any four types of fractures.

Ans : SQP 2018

(i) Simple fracture
(ii) Comminuted fracture
(iii) Compound fracture
(iv) Greenstick fracture

82. Mention any four ways to prevent sports injuries.

Ans : COMP 2020

Sports injuries can be prevented by following

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pierces the skin, increasing infection risk.
(d) Impacted Fracture : A broken bone end pushes into another bone.
(e) Complicated Fracture : Bone break damages internal organs.
(f) Greenstick Fracture : Incomplete fracture, common in children.

(ii) (a) Immobilization : Use a splint to keep the affected area stable.
(b) Stop Bleeding : Apply pressure with a clean cloth if there is an open wound.
(c) Apply Ice : To reduce swelling but avoid direct skin contact.
(d) Seek Emergency Help : Immediate medical attention is crucial.

125. Ritika, a marathon runner, has been training daily without giving herself enough rest days. She starts experiencing sharp heel pain, especially in the morning when she gets out of bed. The pain worsens after long runs and affects her ability to train. A sports physician diagnoses her with plantar fasciitis, a common injury among runners.
(i) What are the primary causes of plantar fasciitis, and who is most at risk?
(ii) What first aid treatments and long-term prevention strategies should Ritika follow to manage the pain and continue her training safely?

Ans : COMP 2007

(i) Plantar fasciitis is caused by excessive strain and inflammation of the plantar fascia, a band of tissue connecting the heel to the toes.
People at higher risk include :
(a) Runners and athletes who engage in repetitive foot impact activities.
(b) Individuals with flat feet or high arches, which affect weight distribution.
(c) Those who wear un supportive footwear, leading to improper foot alignment.

(ii) First Aid :
(a) Rest and avoid excessive running.
(b) Apply ice to reduce inflammation.
(c) Use pain relievers if needed.
(d) Stretch the plantar fascia and calf muscles regularly.
Prevention :
(a) Wear proper arch-supportive shoes.
(b) Gradually increase running intensity.
(c) Perform foot-strengthening exercises.

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126. Rahul, a basketball player, lands on an opponent's foot while attempting a jump shot, causing his ankle to twist unnaturally. He immediately falls to the ground, experiencing sharp pain and swelling around his ankle. He is unable to put weight on his foot. The team's medical staff diagnoses a sprained ankle.
(i) What are the most common causes of an ankle sprain, and how does it affect an athlete's mobility?
(ii) Explain the PRICE and MICE methods used in the first aid treatment of an ankle sprain.

Ans : MAIN 2003

(i) An ankle sprain occurs due to sudden twisting or rolling of the ankle, leading to ligament damage.
Common causes include :
(a) Landing awkwardly after jumping.
(b) Sudden changes in direction during sports.
(c) Stepping on an uneven surface while running.
It affects mobility by reducing stability, causing pain, swelling, and weakness in the ankle joint.

(ii) PRICE (first 48 hours) :
(a) Protect : Avoid putting weight on the affected foot.
(b) Rest : Limit movement to prevent further injury.
(c) Ice : Apply ice for 15-20 minutes every few hours.
(d) Compression : Use an elastic bandage to reduce swelling.
(e) Elevation : Keep the ankle raised above heart level.

(iii) MICE (after 48 hours) :
(a) Mobilization : Start gentle movements to regain flexibility.
(b) Ice : Continue applying ice if needed.
(c) Compression : Use ankle braces for support.
(d) Elevation : Reduce swelling by keeping the leg elevated.

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127. Varun, an avid tennis player, has been practicing his backhand shots excessively over the past few weeks. He starts feeling a burning pain in his outer elbow that worsens every time he grips his racket. Despite the discomfort, he continues playing until the pain becomes unbearable. His physiotherapist diagnoses him with tennis elbow.

(i) What is tennis elbow, and what types of activities commonly lead to this condition?
(ii) What are the first aid measures Varun should take to alleviate pain and prevent further strain on his elbow?

Ans : SQP 2004

(i) Tennis elbow (lateral epicondylitis) is caused by overuse and strain on the forearm tendons due to repetitive gripping.
Common causes :
(a) Tennis and racquet sports (excessive backhand strokes).
(b) Weight lifting with improper technique.
(c) Manual labor (hammering, painting, or using tools).

(ii) (a) Rest : Avoid activities that worsen the pain.
(b) Ice Application : Apply ice to the elbow for 15-20 minutes.
(c) Compression : Use an elbow brace for support.
(d) Pain Management : Take anti-inflammatory medication if needed.
(e) Gentle Stretching : Perform wrist flexion and extension exercises.

128. Manoj, a construction worker, frequently lifts heavy materials and has started experiencing persistent lower back pain. The discomfort worsens with prolonged activity, and he finds it difficult to bend or sit for extended periods. After consulting a doctor, he is diagnosed with low back pain due to excessive strain on his spine.
(i) What are the common causes of low back pain in physically active individuals?
(ii) What preventive measures and first aid treatments can help alleviate Manoj's discomfort and prevent long-term complications?

Ans : COMP 2009

(i) (a) Heavy lifting with improper posture.
(b) Repetitive bending or twisting movements.
(c) Weak core muscles leading to spinal instability.
(d) Sedentary lifestyle with prolonged sitting.

(ii) Prevention :
(a) Maintain a strong core through back-strengthening exercises.
(b) Use proper lifting techniques.
(c) Avoid prolonged sitting without breaks.
First Aid :
(a) Apply ice or heat packs.
(b) Perform gentle stretching.
(c) Take anti-inflammatory medication.
(d) Rest and avoid strenuous activities.

129. During a soccer match, Rohit collides with another player and falls hard on his hip. He immediately feels sharp pain, and a large bruise begins forming around the impact area. Over the next few days, the pain worsens, making it difficult for him to move freely. The team doctor diagnoses him with a severe hip bruise.
(i) What are hip bruises, and what causes them?
(ii) What first aid treatments should Rohit follow to reduce pain and swelling in the affected area?

Ans : MAIN 2002

(i) A hip bruise is caused by direct impact leading to soft tissue and blood vessel damage under the skin. It is often seen in contact sports due to falls, tackles, or blows to the hip area.

(ii) (a) Apply Ice : Reduce swelling and pain by applying ice wrapped in a cloth.
(b) Compression : Use a compression bandage for support.
(c) Rest : Avoid movements that worsen pain.
(d) Pain Medication : Take anti-inflammatory drugs if needed.

130. A boxer receives a direct punch to his head during a match and feels dizzy and disoriented. He struggles to maintain balance and complains of a headache and nausea. The ringside doctor suspects a concussion.
(i) What is a concussion, and what symptoms indicate its severity?
(ii) What are the immediate first aid steps required to ensure safe recovery from a concussion?

Ans : SQP 2017

(i) A concussion is a traumatic brain injury caused by a sudden impact, shaking, or blow to the head.
Severe symptoms include :
(a) Loss of consciousness.
(b) Persistent dizziness or nausea.
(c) Blurred vision or confusion.

(ii) (a) Remove from Play : Avoid further physical activity.

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(b) Monitor Symptoms : Watch for worsening signs.
(c) Rest : Reduce mental and physical exertion.
(d) Seek Medical Help : If symptoms persist or worsen.

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and maintain stable blood pressure. It ensures the athlete sustains energy levels throughout the competition.

Recommended Foods for During Competition Meal :

1. Cereal bars
2. Sports drinks
3. Sports gels
4. Three small bananas
5. Jelly beans
6. Sports bars
7. Liquid meal supplements

15.1 Importance of During Competition Meal

1. Helps replace fluids lost due to sweat and reduces heat stress.
2. Aids in refueling muscles and liver glycogen.
3. Sports drinks maintain blood volume and regulate body temperature.

16. POST-COMPETITION MEAL

This is consumed after a competition and should include foods rich in protein and carbohydrates to restore liver glycogen stores and repair muscle tissues.

Recommended Foods for Post-Competition Meal :

1. Fruit smoothie
2. Vegetables
3 Chicken roll
4. Eggs, fish
5. Whole-grain bread
6. Peanut butter spread
7. Yogurt with fresh fruits
8. Fruit juice

16.1 Importance of Post-Competition Meal

1. Protein consumption helps repair torn tissues.
2. Replenishes fluids and electrolytes lost in sweat.
3. Boosts the immune system to handle post-competition stress.

17. FOOD SUPPLEMENTS FOR CHILDREN

These are concentrated sources of nutrients such as vitamins, minerals and herbs, taken to supplement regular dietary needs. They may be consumed in the form of pills, capsules, powders, drinks, or energy bars.

17.1 Advantages of Food Supplements

1. Provide necessary protein for growth.
2. Aid in tissue maintenance.
3. Boost immunity in the body.

17.2 Disadvantages of Food Supplements

1. May lead to unwanted weight gain.
2. Excess consumption can impact overall health.

18. NEED FOR FOOD SUPPLEMENTS

Food supplements play a crucial role in supporting proper growth and development in children. However, they are not mandatory if a child consumes a balanced and nutritious diet regularly. In fact, supplements may be unnecessary for children with a healthy diet. Additionally, some supplements, like Omegas fatty acids, may offer no significant benefits for healthy children.

18.1 Precautions While Taking Food Supplements

1. Always consult a doctor before starting any food supplement.
2. Ensure that the supplement is free from preservatives, additives, and added sugar before purchasing.
3. Avoid relying on sales promotions or advertisements while deciding on supplements.

MULTIPLE CHOICE QUESTION

1. Which statement best defines Health?
(a) Absence of disease only
(b) Freedom from deformities
(c) Complete physical, mental and social well-being
(d) Limited to avoiding unhealthy habits

Ans : SQP 2024

(c) Complete physical, mental and social well-being

The text states that health goes beyond just avoiding disease or deformities. It includes complete physical, mental, and social well-being. This holistic view enables individuals to live actively and serve society, highlighting that simply being free from illness does not automatically equate to true health.

2. Which of the following is NOT listed among the Objectives of Health Education?
(a) Development of healthy habits
(b) Prevention of diseases
(c) Imparting knowledge of health and hygiene
(d) Encouraging unhealthy lifestyles

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8. Care for Tongue : Clean the tongue regularly using a tongue cleaner. Gently clean the tongue after meals.
9. Using Hygienic Clothing : Wear fresh and washed inner clothes daily. Iron clothes to eliminate lice and nits.

9. DEFINITION OF NUTRITION

Nutrition is the science of food and its relationship to health. It involves understanding how food is consumed, digested, and used by the body for energy and health.

10. KEY TERMS

1. Nutrients : Essential substances present in food.
2. Diet : Refers to a variety of food items consumed to protect the body from diseases and repair worn-out tissues while providing energy.
3. Balanced Diet : A diet containing the right proportion of carbohydrates, proteins, fats, minerals, vitamins, roughage and water.
4. Roughage : The fibre in food that helps eliminate waste from the body.

11. ELEMENTS OF DIET

A good diet includes the following six components:

1. Carbohydrates : Provide energy (e.g., sugar, starch found in potato, rice and bread).
2. Proteins : Essential for building and repairing tissues (found in milk, eggs, and meat).
3. Fats : Provide twice the energy as carbohydrates but need to be consumed in moderation (sources : butter, nuts, ghee).
4. Vitamins : Help fight diseases and maintain bodily functions.
5. Minerals : Needed for strong bones, oxygen transport, and immunity (e.g., calcium, iron).
6. Water : Makes up two-thirds of the body and is essential for hydration and temperature regulation (recommended 6-7 litres daily).

12. MALNUTRITION

Occurs when the body does not receive adequate or proper nutrition.

1. Undernutrition : Lack of nutrients leading to deficiencies.
2. Overnutrition : Excessive intake, causing obesity and other health problems.

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13. SPORTS NUTRITION

Sports nutrition involves the practice of consuming a balanced diet to support sports performance. It emphasizes the intake of high-quality food, including vitamins, minerals, supplements, proteins and fats, tailored for athletes during training or competition. A combination of sensible nutrition and systematic training ensures optimal athletic performance.

13.1 Benefits of Sports Nutrition

1. Delays the onset of fatigue.
2. Enhances overall performance.
3. Improves body composition and strength.
4. Boosts concentration levels.
5. Facilitates optimal recovery after training or competition.
6. Reduces unnecessary energy loss.
7. Lowers the risk of heat cramps.
8. Supports prolonged training sessions.
9. Strengthens the immune system to maintain health.

14. PRE-COMPETITION MEAL

A pre-competition meal refers to the food consumed on the day of a competition or just before it. This meal provides essential calories, nutrients and fluids required for athletes to perform at their peak. The meal is specifically designed to optimize stamina and energy levels.

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14.1 Recommended Foods for Pre-Competition Meal

1. Sandwich
2. Fruit shake
3. Low-fat yogurt
4. Vegetables, rice, fish
5. Non-fat chocolate milk
6. String cheese

14.2 Importance of Pre-Competition Meal

1. Prevents hunger during the competition.
2. Ensures adequate energy for athletic performance.
3. Boosts stamina and endurance.
4. Keeps the stomach relatively empty for comfort during activity.
5. Helps in maintaining stable blood sugar levels.

15. DURING COMPETITION MEAL

This meal includes food consumed during the competition period to conserve muscle glycogen

and eating vitamin-rich foods. It also advises maintaining a proper distance when watching TV or reading. Being too close to screens strains the eyes, making it an undesirable practice.

9. What is a recommended method for Nose Care in the text?
(a) Picking the nose frequently
(b) Practicing Jal Neti Kriya and Kapal Bhati
(c) Using sharp tools to clear mucus
(d) Ignoring nasal passages entirely

Ans : SQP 2008

(b) Practicing Jal Neti Kriya and Kapal Bhati
Jal Neti Kriya, Kapal Bhati, and Pranayama are suggested for keeping the nasal passages clean and clear. These practices help remove excess mucus and maintain overall respiratory hygiene. The text warns against picking the nose or using sharp tools that can cause injury or infection.

10. Which guideline is correct for Hand Care, as per the text?
(a) Wash hands only after cooking
(b) Rinse briefly without soap
(c) Clean thoroughly with soap, including between fingers
(d) Use dirty towels to save resources

Ans : COMP 2009

(c) Clean thoroughly with soap, including between fingers
The text emphasizes washing hands with soap and clean water before and after meals, as well as after using the toilet. Ensuring all areas of the hands, including between fingers, are cleaned and dried with a clean towel helps prevent infections and supports overall hygiene practices.

11. What is advised for Foot Care in the text?
(a) Wearing damp socks
(b) Using a good scrubber to clean
(c) Ignoring the need to change shoes
(d) Never applying powder to feet

Ans : MAIN 2010

(b) Using a good scrubber to clean
The text suggests cleaning feet properly with a good scrubber, wearing clean cotton socks, rotating shoes and using foot powder before putting on socks. These steps reduce odor, prevent fungal infections, and keep feet comfortable, making a routine pedicure at least once a month beneficial as well.

12. Which Dental Care habit is recommended?
(a) Using an interdental brush and flossing daily
(b) Only brushing once a week
(c) Avoiding gum massage
(d) Never cleaning the tongue

Ans : SQP 2011

(a) Using an interdental brush and flossing daily
The text indicates using an interdental brush, flossing daily and brushing at least twice a day (including before bed). Gently massaging gums with a toothbrush and cleaning the tongue are also important. Neglecting these practices can lead to gum issues, tooth decay and foul breath.

13. Why does the text suggest ironing clothes?
(a) Merely for a stylish look
(b) To kill lice and nits
(c) To reduce laundry frequency
(d) Ironing is discouraged in hygiene routines

Ans : COMP 2012

(b) To kill lice and nits
The text recommends wearing fresh clothes daily and ironing them to eliminate potential lice or nits. This step complements regular washing, ensuring that fabrics remain free of pests. A clean wardrobe contributes to overall personal hygiene, preventing skin irritations and maintaining a healthier environment.

14. Which definition of Nutrition does the text provide?
(a) A method for cooking gourmet meals
(b) The science of food and its relationship to health
(c) A practice limited to weight loss diets
(d) A cosmetic approach to improving appearance

Ans : MAIN 2013

(b) The science of food and its relationship to health
Nutrition is described as the science of food and its relationship to health. It examines how food is consumed, digested and used by the body for energy and well-being. This concept goes beyond appearance or fad diets, emphasizing balanced nutrient intake for optimal health outcomes.

15. What are Nutrients, according to the text?
(a) Unnecessary additives in meals
(b) Essential substances found in food
(c) Chemical toxins to avoid
(d) Synthetic flavoring agents

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Ans : COMP 2022

(d) Encouraging unhealthy lifestyles
The text outlines objectives that include developing healthy habits, preventing diseases, imparting knowledge on health and hygiene, improving living conditions, and creating awareness about first aid. Hence, promoting unhealthy lifestyles directly contradicts these aims, making it the incorrect choice among the listed options.

3. Which option accurately reflects Health Education?
(a) A passive process offering mere information
(b) A process that informs, motivates and helps adopt healthy lifestyles
(c) Solely focused on disease cure
(d) Limited to professional research without public engagement

Ans : MAIN 2023

(b) A process that informs, motivates and helps adopt healthy lifestyles
According to the text, health education informs, motivates, and empowers individuals to adopt and maintain healthy practices. It also encourages environmental changes, professional training, and research to support health goals. Rather than being passive or purely disease-focused, it actively involves people in improving their health behaviors.

4. Which of these practices is recommended for Skin Care?
(a) Using a clean towel and fresh water
(b) Bathing with extremely hot water
(c) Skipping soap entirely
(d) Ignoring genital cleaning

Ans : MAIN 2004

(a) Using a clean towel and fresh water
The text advises using good soap, bathing with fresh or lukewarm water, and drying with a clean towel. Regularly cleaning the genital and anal regions is also important. Excessively hot water or skipping soap can damage skin, while neglecting hygiene may lead to infections or other skin problems.

5. Which statement aligns with the recommended Hair Care tips?
(a) Comb hair regularly and use amla or eggs
(b) Avoid washing hair completely
(c) Use harsh chemicals daily for styling
(d) Never comb to retain natural oils

Ans : SQP 2005

(a) Comb hair regularly and use amla or eggs
The text specifies combing hair regularly, using quality soap or shampoo, and applying amla or eggs to help maintain its natural color. Harsh chemicals and poor hygiene can damage hair. Proper care ensures a healthy scalp, prevents tangling and preserves overall hair vitality.

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6. According to the text, why is Health Education important?
(a) It forces medical check-ups on everyone
(b) It promotes sound health attitudes and knowledge
(c) It eliminates the need for hygiene
(d) It ignores social well-being

Ans : SQP 2003

(b) It promotes sound health attitudes and knowledge
Health education is crucial because it promotes positive attitudes, explains how the human body functions, offers proper health counseling, identifies physical defects, maintains good health, fosters positive relations, and integrates safety education. It does not force medical check-ups, nor does it ignore hygiene or social aspects.

7. How should one clean their Ears, according to the text?
(a) By inserting sharp objects
(b) Using glycerine and a soft cloth
(c) Never removing earwax
(d) Pouring harsh chemicals daily

Ans : COMP 2006

(b) Using glycerine and a soft cloth
The text advises cleaning earwax regularly but avoiding sharp objects that can cause damage or infection. Instead, using a soft cloth and glycerine is recommended for gentle cleaning. This method helps maintain ear hygiene while minimizing the risk of harming the eardrum or canal.

8. Which practice is NOT recommended for Eye Care?
(a) Washing with cold water
(b) Performing regular eye exercises
(c) Consuming foods rich in vitamins A and C
(d) Watching TV from extremely close range

Ans : MAIN 2007

(d) Watching TV from extremely close range
According to the text, eye care includes cleaning eyes with cold water, doing regular exercises,

CHAPTER 7

HEALTH EDUCATION

SUMMARY

1. HEALTH

Health is a state of complete physical, mental, and social well-being. It is not merely the absence of disease or deformity but the quality of life that enables an individual to live actively and serve society.

2. HEALTH EDUCATION

Health education is a process that informs, motivates, and empowers individuals to adopt and maintain healthy practices and lifestyles. It encourages environmental changes and provides professional training and research to achieve health goals.

3. OBJECTIVES OF HEALTH EDUCATION

1. Development of healthy habits.
2. Prevention of diseases.
3. Imparting knowledge of health and hygiene.
4. Improving living conditions.
5. Creating awareness about first aid.

4. IMPORTANCE OF HEALTH EDUCATION

1. Promotes sound attitudes towards health.
2. Explains the basic functions of the human body.
3. Provides satisfactory health counseling and guidance.
4. Identifies and addresses physical defects.
5. Maintains good health and encourages positive human relations.
6. Encourages awareness of health and hygiene conditions.
7. Integrates health education as part of safety education.

5. PERSONAL HYGIENE

An Essential Aspect of Health Education

6. TIPS FOR SKIN CARE

1. Use good soap.
2. Take baths with fresh or lukewarm water.
3. Use a clean towel.
4. Clean genital and anal areas regularly.

7. TIPS FOR HAIR CARE

1. Comb hair regularly.
2. Use quality soap or shampoo.
3. Apply amla or eggs to retain the hair's natural black color.

8. TIPS FOR BODY CARE

1. Care for Ears : Clean wax regularly. Avoid using sharp objects for cleaning. Use glycerine and a soft cloth for cleaning ears.
2. Care for Nails : Keep nails neat and clean. Trim nails at short and regular intervals. Avoid nail-biting.
3. Care for Eyes : Use cold water and a clean cloth for cleaning eyes. Perform regular eye exercises. Consume foods rich in vitamins A and C. Wear sunglasses for protection. Watch TV and read books from a proper distance.
4. Care for Nose : Regularly clean the nose and mucus. Practice techniques like Jal Neti Kriya, Kapal Bhati and Pranayama. Avoid picking the nose.
5. Care for Hands : Wash hands with soap and water before and after meals. Wash thoroughly after using the toilet. Rinse soap from all parts of the hands, including gaps between fingers. Dry hands with a clean towel.
6. Care for Feet : Use a good scrubber for cleaning. Wear clean cotton socks and alternate between two pairs of shoes. Powder feet before wearing socks. Perform a regular pedicure at least once a month.
7. Care for Teeth : Use an interdental brush. Floss daily. Brush teeth before sleeping and at least twice a day. Gently massage gums with a toothbrush.

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Ans : SQP 2014

(b) Essential substances found in food
The text explains that nutrients are essential substances found in food. They provide the building blocks for energy, growth, and overall body functions. Without adequate nutrients, deficiencies may arise, affecting bodily processes. Thus, incorporating nutrient-rich foods is fundamental for a healthy lifestyle and disease prevention.

16. Which description best fits a Balanced Diet?
(a) Only protein-rich foods
(b) Avoiding all fats and carbohydrates
(c) Including correct proportions of carbs, proteins, fats, minerals, vitamins, roughage, and water
(d) Restricting meals to fruit juices only

Ans : COMP 2015

(c) Including correct proportions of carbs, proteins, fats, minerals, vitamins, roughage and water
A balanced diet entails having the right ratios of carbohydrates, proteins, fats, vitamins, minerals, fiber and water. The text emphasizes this combination is necessary for energy, tissue repair, and fighting diseases. Excluding any major nutrient entirely can disrupt bodily functions and lead to health problems.

17. Why is Roughage important?
(a) It provides sweet flavor
(b) It helps eliminate body waste
(c) It increases calorie intake significantly
(d) It replaces vitamins

Ans : MAIN 2016

(b) It helps eliminate body waste
The text states that roughage, or dietary fiber, is crucial for aiding digestion and eliminating waste. It promotes regular bowel movements and helps prevent constipation. Unlike vitamins or minerals, roughage doesn't directly supply energy but supports a healthy digestive tract and contributes to overall gut health.

18. Which nutrient provides twice the energy of carbohydrates?
(a) Proteins
(b) Fats
(c) Vitamins
(d) Minerals

Ans : SQP 2017

(b) Fats
The text notes that fats supply about double the energy per gram compared to carbohydrates. However, while fats are an efficient energy source, they must be consumed judiciously to avoid weight gain and health risks such as heart disease. Moderation is key for a balanced diet.

19. Which term describes insufficient nutrient intake leading to deficiencies?
(a) Overnutrition
(b) Balanced Diet
(c) Undernutrition
(d) Immunity

Ans : COMP 2018

(c) Undernutrition
The text mentions two forms of malnutrition : undernutrition and overnutrition. Undernutrition occurs when the body lacks essential nutrients, causing deficiencies and related health issues. Overnutrition, by contrast, involves excessive intake and can lead to obesity. Both are detrimental to health if not addressed appropriately.

20. What is the focus of Sports Nutrition, as per the text?
(a) Consuming low-quality snacks
(b) Fasting before training
(c) Eating a balanced diet with vitamins, minerals and supplements for performance
(d) Restricting fluid intake

Ans : SQP 2019

(c) Eating a balanced diet with vitamins, minerals, and supplements for performance
Sports nutrition emphasizes a high-quality, balanced diet for athletes. It involves proper intake of proteins, fats, vitamins and minerals, tailored to support training or competition demands. A combination of sensible nutrition and systematic exercise is vital for optimal stamina, endurance, and rapid recovery.

21. Which is NOT listed as a benefit of Sports Nutrition?
(a) Delaying fatigue
(b) Enhancing body composition
(c) Boosting concentration
(d) Immediately curing sports injuries

Ans : MAIN 2020

(d) Immediately curing sports injuries
The text underscores sports nutrition benefits like delaying fatigue, improving body composition

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and strength, increasing concentration, ensuring optimal recovery, and reducing heat stress risks. It supports but does not directly cure injuries; healing typically requires medical attention, rest and rehabilitation strategies beyond nutritional support alone.

22. What is a Pre-Competition Meal, according to the text?
(a) A meal consumed a day after competition
(b) Food eaten on or just before the competition day for optimal performance
(c) A method to avoid hydration
(d) A strategy for fasting throughout competition

Ans : SQP 2021

(b) Food eaten on or just before the competition day for optimal performance
A pre-competition meal is taken on competition day or shortly beforehand. It provides essential calories, nutrients and fluids to ensure peak performance. It prevents hunger during events, maintains stable blood sugar and supplies stamina. Skipping this meal or fasting could compromise energy levels and athletic results.

23. What is the main purpose of a During Competition Meal?
(a) To induce heaviness
(b) To preserve muscle glycogen and stabilize blood pressure
(c) To eliminate water intake entirely
(d) To eat only fatty foods

Ans : COMP 2024

(b) To preserve muscle glycogen and stabilize blood pressure
During competition, the text emphasizes conserving muscle glycogen, maintaining stable blood pressure and replenishing fluids. By incorporating moderate snacks and sports drinks, athletes help regulate energy levels and hydration. This strategy avoids sudden drops in performance or dehydration, ensuring sustained output throughout the event.

24. Which food item is recommended for a Pre-Competition Meal?
(a) Non-fat chocolate milk
(b) Deep-fried snacks
(c) High-sugar sodas
(d) Spicy junk food

Ans : MAIN 2001

(a) Non-fat chocolate milk
The text suggests easily digestible, nutrient-rich foods, including sandwiches, fruit shakes, low-fat yogurt, vegetables, rice, fish, non-fat chocolate milk, and cheese. These options keep athletes fueled without causing digestive discomfort. In contrast, deep-fried or overly sweet foods can hamper performance and lead to energy spikes and crashes.

25. Why is a Pre-Competition Meal important?
(a) It depletes energy
(b) It improves stamina and maintains stable blood sugar
(c) It should be eaten immediately after competition
(d) It always causes fullness

Ans : COMP 2002

(b) It improves stamina and maintains stable blood sugar
The text notes that a well-planned pre-competition meal prevents hunger, ensures adequate energy, and keeps blood sugar levels steady. This helps athletes avoid sudden fatigue or discomfort. The goal is to provide essential nutrients without overburdening the digestive system, thus optimizing performance during physical exertion.

26. Which is suggested as a During Competition Meal option?
(a) Sports drinks
(b) Fried pastries
(c) Creamy cakes
(d) Spicy curries

Ans : SQP 2000

(a) Sports drinks
The text includes cereal bars, sports drinks, sports gels, bananas, jelly beans, and liquid meal supplements among recommended options. These choices are easily digestible and supply quick energy, helping maintain blood volume and electrolyte balance. High-fat or heavy foods can cause discomfort and are thus discouraged mid-competition.

27. Which is NOT an importance of the During Competition Meal stated in the text?
(a) It replaces fluids lost in sweat
(b) It helps refuel muscle glycogen
(c) It adds to heat stress
(d) It maintains blood volume

Ans : COMP 2001

(c) It adds to heat stress

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Consuming appropriate fluids and carbohydrates during competition replaces sweat losses, replenishes muscle glycogen, and helps preserve blood volume. These measures actually reduce heat stress rather than add to it. Proper mid-competition nutrition prevents performance decline and safeguards against dehydration and overheating.

28. Why is the Post-Competition Meal essential?
(a) It only satisfies junk food cravings
(b) It restores glycogen and repairs muscle tissues
(c) It must be skipped to reduce calories
(d) It has no role in recovery

Ans : MAIN 2002

(b) It restores glycogen and repairs muscle tissues
After competition, the text emphasizes consuming enough protein and carbohydrates to replenish glycogen stores and aid muscle repair. This meal also helps restore fluids and electrolytes lost through sweat. Skipping or neglecting post-competition nutrition can delay recovery and compromise an athlete's ability to train or compete again effectively.

29. Which of these is a recommended Post-Competition Meal option?
(a) Yogurt with fresh fruits
(b) Deep-fried doughnuts
(c) Soda and chips
(d) Chocolate fudge cake

Ans : SQP 2003

(b) Deep-fried doughnuts
The text suggests fruit smithies, vegetables, chicken rolls, eggs, fish, whole-grain bread, peanut butter, and yogurt with fresh fruits. Such foods provide both carbohydrates and proteins essential for recovery. Highly processed, fatty, or sugary choices can impede the body's repair process and hinder optimal recovery.

30. Which statement about the Post-Competition Meal is correct?
(a) It helps replenish electrolytes lost in sweat
(b) It must consist of no protein
(c) It worsens muscle tears
(d) It serves no purpose in recovery

Ans : COMP 2004

(a) It helps replenish electrolytes lost in sweat
The text highlights that post-competition meals should replenish electrolytes, rehydrate the body, and repair muscles via protein intake. This is critical in helping athletes recover faster and maintain a strong immune system. Neglecting to replace lost fluids and essential nutrients can hamper overall performance and health.

31. What are Food Supplements for Children, as mentioned in the text?
(a) Merely taste enhancers
(b) Concentrated sources of vitamins, minerals, or herbs
(c) Complete replacements for a balanced diet
(d) Prescribed only for sports professionals

Ans : MAIN 2005

(b) Concentrated sources of vitamins, minerals, or herbs
Food supplements are described as concentrated nutrients vitamins, minerals, and herbs provided in forms like pills, powders, drinks or bars. They are intended to support, not replace, a balanced diet. While they can be beneficial in certain cases, a regular nutritious diet often covers children's basic needs.

32. Which is an advantage of Food Supplements, per the text?
(a) Providing necessary protein for growth
(b) Causing guaranteed weight loss
(c) Completely substituting natural foods
(d) Eliminating all dietary requirements

Ans : SQP 2006

(a) Providing necessary protein for growth
According to the text, food supplements can offer additional protein that supports growth, tissue maintenance, and immunity. They can fill nutritional gaps where a child's diet is lacking. However, they don't replace the need for balanced meals and must be taken judiciously to avoid potential downsides.

33. Which disadvantage of Food Supplements is mentioned?
(a) They always cure deficiencies instantly
(b) Excess intake can lead to weight gain
(c) They are universally risk-free
(d) They provide no nutrients at all

Ans : COMP 2007

(b) Excess intake can lead to weight gain
The text warns that taking too many supplements may lead to unwanted weight gain and possible health complications. Overconsumption can disrupt nutrient balance, and certain additives may pose additional risks. It's crucial to monitor

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dosage and seek professional advice rather than indiscriminately using supplements.

34. Are Food Supplements always necessary for children, based on the text?
(a) Yes, every child needs them daily
(b) No, not if the child has a balanced diet
(c) They replace all fresh foods
(d) They have no nutritional value

Ans : MAIN 2009

(b) No, not if the child has a balanced diet
The text clarifies that children generally do not need supplements if they regularly eat balanced, nutritious meals. Supplements mainly address specific deficiencies or inadequate intake. In healthy children receiving sufficient nutrients from food, supplements might offer no additional benefit and could be unnecessary.

35. Why might Omega-3 supplements offer no significant benefit to healthy children?
(a) They lack any nutritional content
(b) They cause instant deficiencies
(c) The text suggests no added advantage if the child is already healthy
(d) They replace daily water intake

Ans : SQP 2010

(c) The text suggests no added advantage if the child is already healthy
The text notes that while Omegas fatty acids can be helpful in certain contexts, healthy children with balanced diets may not gain extra benefits from them. If essential nutrients are sufficiently covered in their usual meals, adding supplements often becomes redundant, offering no marked improvement.

36. Which precaution should be taken before using any Food Supplement?
(a) Rely solely on online ads
(b) Consult a doctor
(c) Avoid reading product labels
(d) Assume all supplements are identical

Ans : MAIN 2011

(b) Consult a doctor
The text emphasizes seeing a doctor before starting any supplement regimen. Medical professionals can assess whether a child actually needs supplements and recommend safe doses. Blindly trusting advertisements or skipping label checks can lead to excessive intake or exposure to unwanted additives and preservatives.

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37. What should consumers check on a Food Supplement label?
(a) Fancy packaging only
(b) Preservatives, additives, and added sugar
(c) Celebrity endorsements
(d) None of these matter

Ans : COMP 2012

(b) Preservatives, additives, and added sugar
The text advises verifying that supplements are free from unnecessary preservatives, additives, and sugar. Label reading helps consumers make informed decisions, especially for children's supplements. Understanding the product's composition ensures healthier choices and reduces the risk of hidden or harmful ingredients.

38. According to the text, how should advertisements influence buying supplements?
(a) They are the sole authority on supplement quality
(b) They provide complete medical advice
(c) One should avoid relying solely on promotional claims
(d) They automatically ensure safety

Ans : MAIN 2013

(c) One should avoid relying solely on promotional claims
The text cautions against depending only on advertisements for decisions about food supplements. Professional advice from a doctor or nutritionist is recommended to confirm necessity and safety. Advertising might be biased, focusing on sales rather than the individual's health needs or potential side effects.

39. Which statement best summarizes Malnutrition in the text?
(a) Consuming a perfectly balanced diet
(b) Excessive or inadequate nutrient intake leading to health issues
(c) An unrelated issue in health education
(d) Always caused by vitamin B deficiency

Ans : SQP 2014

(b) Excessive or inadequate nutrient intake leading to health issues
Malnutrition can involve undernutrition (lack of key nutrients) or overnutrition (excessive intake). Both extremes lead to health complications, ranging from nutrient deficiencies to obesity. The text emphasizes the importance of a balanced diet to prevent malnutrition and its associated problems in children and adults alike.

40. Which statement reflects the integrated approach to Health Education?
(a) Focusing only on medical cures
(b) Ignoring environmental influences
(c) Informing, motivating, and empowering individuals alongside research and training
(d) Restricting teaching to disease prevention only

Ans : `COMP 2015

(c) Informing, motivating, and empowering individuals alongside research and training
The text indicates that health education is a comprehensive process. It encompasses informing and motivating individuals to adopt healthy practices, advocating for supportive environments, and integrating professional training and research. This well-rounded approach goes beyond merely treating diseases or limiting scope to isolated health concerns.

41. Health is defined as a state of complete _____, _____, and _____ well-being.
(a) Physical, Mental, Emotional
(b) Physical, Mental, Social
(c) Physical, Mental, Financial
(d) Physical, Mental, Psychological

Ans : MAIN 2016

(b) Physical, Mental, Social
Health is not just about the absence of disease but a holistic state of physical, mental, and social well-being. Physical health involves maintaining bodily functions, mental health ensures emotional stability, and social well-being promotes healthy interactions with society. The World Health Organization (WHO) emphasizes that true health is achieved when an individual can lead an active, fulfilling life while contributing positively to the community.

42. Health education aims to _____ individuals to adopt and maintain healthy lifestyles.
(a) Discourage
(b) Empower
(c) Control
(d) Prevent

Ans : SQP 2018

(b) Empower
Health education plays a crucial role in informing, motivating, and empowering individuals to make informed choices about their health. It not only spreads awareness about hygiene, disease prevention and first aid but also encourages lifestyle changes that promote well-being. Empowerment in health education ensures that people take responsibility for their health by adopting good habits such as a balanced diet, regular exercise, and maintaining personal hygiene.

43. One of the primary objectives of health education is the _____ of diseases.
(a) Prevention
(b) Spread
(c) Promotion
(d) Negligence

Ans : COMP 2019

(a) Prevention
Prevention is always better than cure, and this is the foundation of health education. By educating individuals on hygiene practices, the importance of vaccinations, the dangers of an unhealthy lifestyle, and ways to boost immunity, health education significantly reduces the risk of diseases. Preventing diseases also lowers the financial and emotional burden on families and healthcare systems, making it a cost-effective public health strategy.

44. Which of the following is NOT a benefit of health education?
(a) Promotes sound health attitudes
(b) Explains the functions of the human body
(c) Encourages unhealthy habits
(d) Identifies physical defects

Ans : SQP 2020

(c) Encourages unhealthy habits
Health education is designed to promote positive behaviors and discourage harmful habits. It spreads awareness about good hygiene, nutritious diets, and mental well-being, all of which contribute to a healthier society. By educating people about potential risks, it also helps in early detection and prevention of diseases. Encouraging unhealthy habits contradicts the very purpose of health education.

45. To maintain skin hygiene, one should use _____ soap and take baths with fresh or lukewarm water.
(a) Any available
(b) Good quality
(c) Expired
(d) Colored

Ans : MAIN 2021

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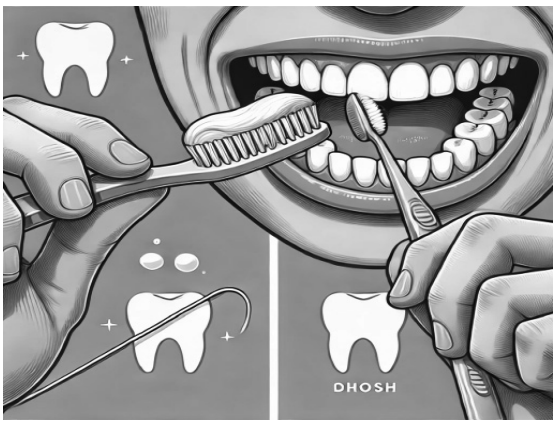
(a) To increase body temperature
(b) To improve concentration and prevent fatigue
(c) To slow down digestion
(d) To replace lost oxygen

Ans : MAIN 2023

(b) To improve concentration and prevent fatigue
During physical activity, the body loses fluids through sweat, leading to dehydration if not replenished. Drinking sports drinks or water helps maintain hydration, prevent fatigue, regulate body temperature and sustain energy levels. Staying hydrated also supports muscle function and mental alertness, improving overall athletic performance.

73. Look at the image of the person brushing their teeth. What is the best way to maintain good oral hygiene?



(a) Brushing once a week and using a lot of sugar
(b) Brushing at least twice a day and flossing regularly
(c) Using only mouthwash without brushing
(d) Eating sugary foods without cleaning teeth

Ans : SQP 2024

(b) Brushing at least twice a day and flossing regularly
Maintaining good oral hygiene is crucial for preventing tooth decay, gum disease, and bad breath. Brushing twice a day removes plaque and food particles, while flossing cleans between teeth, reducing the risk of cavities. Avoiding excessive sugary foods and visiting the dentist regularly also contribute to healthy teeth and gums.

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TWO MARKS QUESTIONS

74. Define Health Education.

Ans : SQP 2001, 2020

Health Education is a systematic process that motivates and helps individuals to adopt and maintain healthy practices and lifestyles. It promotes environmental changes, conducts professional training, and researches to achieve optimal health.

75. What is meant by Personal Hygiene?

Ans : MAIN 2002, 2018

Personal Hygiene refers to the practice of maintaining cleanliness and grooming of one's body to promote good health. It helps in preventing communicable diseases, boosts confidence and supports an individual's professional and social well-being.

76. State any two ways to maintain oral hygiene.

Ans : COMP 2003, 2018

(i) Brush teeth twice daily to keep them clean and free from plaque.
(ii) Floss regularly to remove food particles stuck between teeth.

77. Write any two advantages of Health Education.

Ans : SQP 2004, 2016

(i) Health Education helps in discovering physical defects early.
(ii) It promotes hygiene, maintaining good health, and improving human relationships.

78. How can one take care of Personal Hygiene?

Ans : COMP 2005

Personal Hygiene can be maintained by ensuring

Ans : COMP 2002

(a) Calories, Nutrients, Fluids
A pre-competition meal is designed to maximize energy levels, maintain hydration, and provide essential nutrients that support endurance. Foods like bananas, rice, fish, and fruit shakes help athletes sustain their performance. Proper pre-game nutrition prevents fatigue, stabilizes blood sugar, and ensures optimal muscle function.

ASSERTION AND REASON

52. **Assertion (A) :** Drinking at least 6-7 liters of water daily is essential for good health.
Reason (R) : Water helps in digestion, temperature regulation, and waste elimination from the body.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2024

(a) Both A and R are true, and R is the correct explanation of A.
Water is a crucial component of the human body and supports various physiological functions. It aids in digestion by breaking down food, regulates body temperature through sweating, and helps in excreting waste products through urine and sweat. A lack of water intake can lead to dehydration, kidney issues, and fatigue. The reason correctly explains the assertion.

53. **Assertion (A) :** Junk food consumption should be minimized for better health.
Reason (R) : Junk food contains excessive fats, sugars, and salts, which can lead to obesity and other health issues.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2023

(a) Both A and R are true, and R is the correct explanation of A.
Junk food is rich in unhealthy fats, refined sugars, and excess sodium, which contribute to weight gain, diabetes, high blood pressure, and cardiovascular diseases. Regular consumption of such foods leads to nutrient deficiencies and metabolic disorders. The reason correctly explains why junk food should be avoided.

54. **Assertion (A) :** Personal hygiene helps in preventing communicable diseases.
Reason (R) : Regular handwashing, bathing, and oral care reduce the spread of germs and infections.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2015

(a) Both A and R are true, and R is the correct explanation of A.
Personal hygiene practices like washing hands before eating, brushing teeth twice a day, and keeping nails trimmed help reduce the chances of bacterial and viral infections. Poor hygiene can lead to diseases such as diarrhea, flu, and skin infections. The reason correctly explains the assertion.

55. **Assertion (A) :** Proteins are essential for muscle growth and repair.
Reason (R) : Proteins are broken down into amino acids, which are used by the body to build and repair tissues.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2016

(a) Both A and R are true, and R is the correct explanation of A.
Proteins are vital macronutrients necessary for the body's repair and maintenance. When consumed, proteins are broken down into amino acids, which help in muscle growth and tissue healing. Protein deficiency can lead to muscle weakness and slow recovery from injuries. The reason correctly explains the assertion.

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(b) Good quality
Skin is the body's largest organ and serves as a protective barrier against germs, pollutants, and harsh environmental conditions. Using good-quality soap helps remove dirt and bacteria without causing irritation. Bathing with fresh or lukewarm water prevents excessive dryness and maintains skin hydration. Harsh or expired soaps may strip the skin of essential oils, leading to irritation and infections.

46. To maintain proper hair care, applying _____ helps retain the hair's natural black color.
(a) Oil and water
(b) Amla or eggs
(c) Shampoo and conditioner
(d) Baking soda

Ans : COMP 2022

(b) Amla or eggs
Amla (Indian gooseberry) and eggs are rich inessential nutrients like vitamins, minerals, and proteins that strengthen hair roots, prevent premature graying, and enhance hair shine. Amla is known for its antioxidant properties, which help maintain hair pigmentation, while eggs provide proteins that repair damaged hair. Regular application of these natural remedies helps keep hair healthy and nourished.

47. Which of the following is NOT a recommended practice for eye care?
(a) Washing eyes with cold water
(b) Performing eye exercises
(c) Watching TV from a very close distance
(d) Consuming foods rich in vitamins A and C

Ans : MAIN 2023

(c) Watching TV from a very close distance
Watching TV from avery close distance can strain the eyes and cause vision problems such as eye fatigue, dryness, and myopia (nearsightedness). Proper eye care involves regular washing with cold water to remove dust, performing exercises to strengthen eye muscles, and consuming vitamin A-rich foods (such as carrots, spinach, and mangoes) to support vision health.

48. _____ is the science of food and its relationship to health.
(a) Dietetics
(b) Nutrition
(c) Biology
(d) Hygiene

Ans : SQP 2024

(b) Nutrition
Nutrition is the study of how food affects the body and overall health. It includes understanding how the body processes, absorbs, and utilizes nutrients such as carbohydrates, proteins, fats, vitamins, and minerals. Proper nutrition ensures growth, energy production, disease prevention, and tissue repair. A well-balanced diet plays a fundamental role in maintaining long-term health.

49. A balanced diet includes the right proportions of carbohydrates, proteins, fats, minerals, vitamins, _____, and water.
(a) Roughage
(b) Junk food
(c) Preservatives
(d) Artificial sugar

Ans : MAIN 2000

(a) Roughage
Roughage, or dietary fiber, is an essential component of a balanced diet as it aids digestion, prevents constipation, and helps maintain a healthy gut. Found in whole grains, fruits, and vegetables, fiber helps regulate blood sugar levels and supports heart health. Unlike junk food, which lacks nutritional value, roughage plays a crucial role in overall well-being.

50. Malnutrition is classified into _____ and _____.
(a) Overnutrition, Undernutrition
(b) Starvation, Fitness
(c) Obesity, Diabetes
(d) Junk food, Healthy food

Ans : SQP 2001

(a) Overnutrition, Undernutrition
Malnutrition occurs when the body does not receive the right balance of nutrients. Undernutrition leads to deficiencies like anemia and stunted growth, while overnutrition results from excessive intake of calories, causing obesity and related diseases like diabetes and heart conditions. Both forms of malnutrition pose serious health risks.

51. A pre-competition meal should provide essential _____, _____, and _____ for peak athletic performance.
(a) Calories, Nutrients, Fluids
(b) Vitamins, Caffeine, Sugar
(c) Fats, Junk food, Carbonated drinks
(d) Energy drinks, Ice cream, Candy

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(b) I-3, II-1, III-4, IV-2
Carbohydrates : Maintains body functions instead of providing energy. (I-3)
Proteins : Provides energy instead of helping in tissue repair. (II-1)
Vitamins : Aids digestion instead of maintaining body functions. (III-4)
Roughage : Helps in tissue repair instead of aiding digestion. (IV-2)

61. Match the different types of food with their functions :

Column I (Food Type)		Column II (Function)	
(I)	Balanced Diet	1.	Supplies all nutrients.
(II)	Junk Food	2.	Causes obesity.
(III)	Hydration	3.	Maintains body temperature.
(IV)	Proteins	4.	Helps muscle growth

(a) I-1, II-2, III-3, IV-4
(b) I-3, II-1, III-4, IV-2
(c) I-4, II-3, III-2, IV-1
(d) I-2, II-4, III-1, IV-3

Ans : SQP 2024

(c) I-4, II-3, III-2, IV-1 (Randomized Sequence)
Balanced Diet : Helps muscle growth instead of supplying all nutrients. (I-4)
Junk Food : Maintains body temperature instead of causing obesity. (II-3)
Hydration : Causes obesity instead of maintaining body temperature. (III-2)
Proteins : Supplies all nutrients instead of helping muscle growth (IV-1)

62. Match the following health-related terms with their meanings :

Column I (Term)			Column II (Meaning)
(I)	Hygiene	1.	Cleanliness and sanitation.
(II)	Nutrition	2.	Science of food and health.
(III)	Immunity	3.	Body's defense system.
(IV)	Fitness	4.	Physical well-being.

(a) I-2, II-4, III-1, IV-3
(b) I-3, II-1, III-4, IV-2
(c) I-4, II-3, III-2, IV-1
(d) I-1, II-2, III-3, IV-4

Ans : COMP 2005

(a) I-2, II-4, III-1, IV-3
Hygiene : Science of food and health instead of cleanliness and sanitation. (I-2)
Nutrition : Physical well-being instead of the science of food and health. (II-4)
Immunity : Cleanliness and sanitation instead of the body's defense system. (III-1)
Fitness : Body's defense system instead of physical well-being. (IV-3)

63. Match the following vitamins with their benefits :

Column I (Vitamin)		Column II (Benefit)	
(I)	Vitamin A	1.	Improves vision.
(II)	Vitamin C	2.	Boosts immunity.
(III)	Vitamin D	3.	Strengthens bones.
(IV)	Vitamin K	4.	Helps in blood clotting.

(a) I-2, II-4, III-1, IV-3
(b) I-3, II-1, III-4, IV-2
(c) I-1, II-2, III-3, IV-4
(d) I-4, II-3, III-2, IV-1

Ans : MAIN 2006

(b) I-3, II-1, III-4, IV-2 (Randomized Sequence)
Vitamin A : Strengthens bones instead of improving vision. (I-3)
Vitamin C : Improves vision instead of boosting immunity. (II-1)
Vitamin D : Helps in blood clotting instead of strengthening bones. (III-4)
Vitamin K : Boosts immunity instead of helping in blood clotting. (IV-2)

64. Match the following food components with their sources :

Column I (Component)		Column II (Source)	
(I)	Carbohydrates	1.	Rice, bread.
(II)	Proteins	2.	Milk, eggs.
(III)	Fats	3.	Butter, nuts.
(IV)	Water	4.	Fruits, juices

(a) I-1, II-2, III-3, IV-4
(b) I-3, II-1, III-4, IV-2
(c) I-4, II-3, III-2, IV-1
(d) I-2, II-4, III-1, IV-3

Ans : SQP 2007

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(b) I-3, II-1, III-4, IV-2
Carbohydrates : Found in butter, nuts instead of rice and bread. (I-3)
Proteins : Found in rice, bread instead of milk and eggs. (II-1)
Fats : Found in fruits, juices instead of butter and nuts. (III-4)
Water : Found in milk, eggs instead of fruits and juices. (IV-2)

65. Match the following health education goals :

Column I (Goal)		**Column II (Purpose)**	
(I)	Prevention	1.	Avoids diseases.
(II)	Awareness	2.	Educates people.
(III)	Treatment	3.	Cures diseases.
(IV)	Hygiene	4.	Promotes cleanliness.

(a) I-1, II-2, III-3, IV-4
(b) I-3, II-1, III-4, IV-2
(c) I-4, II-3, III-2, IV-1
(d) I-2, II-4, III-1, IV-3

Ans : COMP 2008

(c) I-4, II-3, III-2, IV-1 (Randomized Sequence)
Prevention : Promotes cleanliness instead of avoiding diseases. (I-4)
Awareness : Cures diseases instead of educating people. (II-3)
Treatment : Educates people instead of curing diseases.(III-2)
Hygiene : Avoids diseases instead of promoting cleanliness.(IV-1)

66. Match the following hygiene practices with their benefits :

Column I (Practice)		**Column II (Benefit)**	
(I)	Brushing	1.	Prevents cavities.
(II)	Bathing	2	Removes body odor.
(III)	Handwash	3.	Prevents infections.
(IV)	Cutting Nails	4.	Avoids dirt accumulation.

(a) I-1, II-2, III-3, IV-4
(b) I-3, II-1, III-4, IV-2
(c) I-4, II-3, III-2, IV-1
(d) I-2, II-4, III-1, IV-3

Ans : MAIN 2009

(b) I-3, II-1, III-4, IV-2
Brushing : Prevents infections instead of cavities. (I-3)
Bathing : Prevents cavities instead of removing body odor.(II-1)
Handwash : Avoids dirt accumulation instead of preventing infections.(III-4)
Cutting Nails : Removes body odor instead of avoiding dirt accumulation.(IV-2)

67. Match the following nutrition-related conditions with their causes :

Column I (Condition)		**Column II (Cause)**	
(I)	Obesity	1.	Excess fat intake.
(II)	Anemia	2.	Iron deficiency.
(III)	Scurvy	3.	Lack of Vitamin C.
(IV)	Rickets	4.	Lack of Vitamin D.

(a) I-1, II-2, III-3, IV-4
(b) I-3, II-1, III-4, IV-2
(c) I-4, II-3, III-2, IV-1
(d) I-2, II-4, III-1, IV-3

Ans : SQP 2010

(c) I-4, II-3, III-2, IV-1 (Randomized Sequence)
Obesity : Caused by lack of Vitamin D instead of excess fat intake.(I-4)
Anemia : Results from lack of Vitamin C instead of iron deficiency.(II-3)
Scurvy : Caused by iron deficiency instead of lack of Vitamin C.(III-2)
Rickets : Due to excess fat intake instead of lack of Vitamin D.(IV-1)

68. Match the following meal types with their importance in sports :

Column I (Meal Type)		**Column II (Importance)**	
(I)	Pre-competition	1.	Provides energy.
(II)	During competition	2.	Maintains hydration.
(III)	Post-competition	3.	Aids recovery.
(IV)	Supplements	4.	Provides extra nutrients.

(a) I-1, II-2, III-3, IV-4
(b) I-3, II-1, III-4, IV-2
(c) I-4, II-3, III-2, IV-1
(d) I-2, II-4, III-1, IV-3

Ans : COMP 2011

(b) I-3, II-1, III-4, IV-2
Pre-competition : Aids recovery instead of providing energy. (I-3)

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During competition : Provides energy instead of maintaining hydration. (II-1)
Post-competition : Provides extra nutrients instead of aiding recovery. (III-4)
Supplements : Maintains hydration instead of providing extra nutrients.(IV-2)

69. Match the following health-related actions with their significance :

Column I (Action)		Column II (Significance)	
(I)	Exercise	1.	Improves fitness.
(II)	Meditation	2.	Enhances mental health.
(III)	Vaccination	3.	Prevents diseases.
(IV)	Hydration	4.	Regulates body temperature.

(a) I-1, II-2, III-3, IV-4
(b) I-3, II-1, III-4, IV-2
(c) I-4, II-3, III-2, IV-1
(d) I-2, II-4, III-1, IV-3

Ans : MAIN 2012

(c) I-4, II-3, III-2, IV-1 (Randomized Sequence)
Exercise : Regulates body temperature instead of improving fitness.(I-4)
Meditation : L Prevents diseases instead of enhancing mental health.(II-3)
Vaccination : Enhances mental health instead of preventing diseases.(III-2)
Hydration : Improves fitness instead of regulating body temperature. (IV-1)

PICTURE BASED QUESTIONS

70. Look at the image of the balanced diet plate. Which component of the diet is essential for building and repairing body tissues?

(a) Carbohydrates
(b) Proteins
(c) Fats
(d) Vitamins

Ans : SQP 2021

(b) Proteins
Proteins are essential for building and repairing body tissues, making enzymes, hormones, and other essential body chemicals. They are found in foods such as eggs, meat, beans, and dairy products, as seen in the protein section of the balanced diet plate. Consuming enough protein is crucial for muscle growth, immune function, and overall health.

71. Look at the image of handwashing. What is the most important reason for washing hands with soap and water?

(a) To remove visible dirt only
(b) To prevent the spread of germs and infections
(c) To make hands smell good
(d) To cool down hands

Ans : COMP 2022

(b) To prevent the spread of germs and infections
Proper handwashing with soap and water is the most effective way to remove germs, bacteria, and viruses that can cause infections and diseases. The image highlights washing between fingers, under nails, and palms, ensuring complete hand hygiene. This simple habit significantly reduces the risk of illnesses such as diarrhea, flu, and respiratory infections.

72. Look at the image of the athlete drinking a sports drink during a race. Why is it important to stay hydrated during physical activity?

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enables individuals to lead a productive life, perform daily activities efficiently and contribute positively to society.

92. What is the main goal of health education?

Ans : COMP 2022

The primary goal of health education is to inform, motivate, and empower individuals to adopt and maintain healthy practices and lifestyles. It aims to create awareness about hygiene, disease prevention and the importance of physical and mental well-being. By educating people about health risks and encouraging positive habits, health education helps reduce the spread of diseases and improves overall living conditions.

93. Mention any two objectives of health education.

Ans : SQP 2023

(i) Development of Healthy Habits : Health education encourages individuals to adopt good habits such as regular exercise, balanced eating, personal hygiene and stress management to promote a healthier lifestyle.

(ii) Prevention of Diseases : By spreading awareness about vaccinations, sanitation, proper nutrition, and first aid, health education helps prevent the occurrence of various diseases, ensuring a longer and healthier life.

94. How does weight training cause injury?

Ans : MAIN 2018

Weight training may cause injuries if body balance is not maintained. Incorrect weight lifting techniques or failure to stretch before lifting can lead to muscle tears or pulls.

95. Define food supplements.

Ans : SQP 2019

Food supplements are concentrated sources of nutrients taken to fill dietary gaps. They include vitamins, minerals and other substances provided in the form of pills, powders or drinks.

96. Why is personal hygiene important?

Ans : MAIN 2024

Personal hygiene is crucial for maintaining good health, preventing infections, and promoting self-confidence. Poor hygiene can lead to bacterial and viral infections, bad odor and social discomfort. Proper hygiene practices such as bathing regularly, washing hands, brushing teeth, and wearing clean clothes help individuals stay disease-free and improve their overall quality of life.

97. Name two essential tips for maintaining hair hygiene.

Ans : COMP 2000

(i) Regularly comb hair : Combing hair daily helps tore move dirt, prevent tangling, and evenly distribute natural oils, which keep hair healthy and nourished. It also stimulates the scalp, improving blood circulation.

(ii) Use quality shampoo or natural remedies : Using mild shampoo or natural products like amla and eggs helps maintain hair's natural shine, prevents dandruff and strengthens the roots, reducing hair fall.

98. What is nutrition?

Ans : SQP 2001

Nutrition is the science of food and its relationship to health. It involves the consumption, digestion, absorption, and utilization of essential nutrients required for energy, growth, and overall well-being. Proper nutrition is necessary fortis sue repair, disease prevention, and maintaining an optimal immune system. A well-balanced diet provides the body with the required proteins, carbohydrates, fats, vitamins, minerals and water, ensuring proper functioning.

99. Enlist a few disadvantages of food supplements.

Ans : COMP 2020

Disadvantages of food supplements include :

(i) Liver damage

(ii) Headache

(iii) Nausea and swelling

(iv) Bone pain

100. What are two key components of a balanced diet?

Ans : MAIN 2002

(i) Proteins : These are the building blocks of the body and are essential for the growth, repair, and maintenance of tissues. They help in muscle development and the production of enzymes and hormones. Sources of protein include milk, eggs, meat, fish, pulses, and nuts.

(ii) Carbohydrates : Carbohydrates are the primary source of energy for the body. They help maintain stamina and provide fuel

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regular cleaning and grooming of body parts such as skin, hair, nails, eyes, nose, hands, teeth, tongue, and proper use of clean clothing.

79. State any two tips to take care of eyes.

Ans : MAIN 2006

(i) Use cold water to clean eyes and exercise them regularly.
(ii) Consume foods rich in vitamins A and C for healthy vision.

80. State the objectives of Health Education.

Ans : SQP 2007

(i) Developing healthy habits.
(ii) Preventing diseases.
(iii) Imparting knowledge of health and hygiene.
(iv) Improving living conditions.
(v) Creating awareness about first aid.

81. How can one take care of nails?

Ans : COMP 2008

Nails can be cared for by trimming them regularly, keeping them clean, and avoiding habits like biting nails to prevent infections and ensure hygiene.

82. What do you mean by a balanced diet?

Ans : MAIN 2017

A balanced diet is a diet that contains the right proportions of carbohydrates, proteins, fats, minerals, salts, vitamins, roughage, and water. It ensures proper nutrition and energy for the body.

83. Why should we avoid heavy meals at night?

Ans : MAIN 2010

The body's metabolism slows down at night as no physical activity is performed. Heavy meals at night can slow digestion further, leading to discomfort. Hence, light food is recommended at night.

84. What is nutrition?

Ans : SQP 2016

Nutrition refers to the science of food and its relationship to health. It includes understanding the dynamic processes through which food is consumed, digested, and utilized for maintaining health.

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85. State the importance of proteins in our diet.

Ans : MAIN 2012

Proteins are essential for building and repairing tissues in the body. They are crucial for muscle development and help in the repair of worn-out cells. Examples include milk, eggs, and meat.

86. Why are minerals important for us?

Ans : SQP 2013

Minerals are required in small amounts to maintain health. For instance, calcium strengthens bones and teeth, while iron helps transport oxygen in the blood. Minerals are essential for proper body functioning.

87. Name the nutrients known as body-building foods and protective foods.

Ans : COMP 2014

Body-building foods : Proteins.
Protective foods : Minerals.

88. What are nutrients?

Ans : MAIN 2015

Nutrients are food substances essential for the body to function properly. They provide the energy and materials required for growth, repair, and overall health.

89. What is a pre-competition meal?

Ans : SQP 2016

A pre-competition meal is consumed on the day of competition or shortly before it. It provides necessary calories, nutrients and liquids to help an athlete perform optimally during the event.

NODIA

90. What is a post-competition meal?

Ans : COMP 2017

A post-competition meal is taken after the competition. It is rich in protein and carbohydrates to replenish lost energy and restore glycogen levels in the body.

91. Define health.

Ans : MAIN 2021

Health is defined as a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity. A person is considered healthy when they are physically fit, mentally stable and socially active. Good health

56. **Assertion (A) :** Lack of Vitamin D leads to weak bones and rickets.
Reason (R) : Vitamin D is essential for calcium absorption in the body.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2017

(a) Both A and R are true, and R is the correct explanation of A.
Vitamin D plays a crucial role in calcium metabolism. Without sufficient Vitamin D, the body cannot absorb calcium effectively, leading to weak bones and conditions such as osteoporosis and rickets in children. The reason correctly explains the assertion.

57. **Assertion (A) :** Sports nutrition is essential for athletes to perform at their best.
Reason (R) : A well-balanced diet helps delay fatigue, improve concentration, and enhance endurance.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2018

(a) Both A and R are true, and R is the correct explanation of A.
Athletes require a diet rich in carbohydrates, proteins, vitamins, and minerals to sustain energy levels and recover quickly. A balanced diet prevents muscle fatigue, enhances mental focus, and supports endurance, which is crucial for performance in sports. The reason correctly explains the assertion.

58. **Assertion (A) :** Post-competition meals help in faster recovery of an athlete.
Reason (R) : Post-competition meals replenish glycogen stores, repair muscle tissues, and restore lost fluids.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2019

(a) Both A and R are true, and R is the correct explanation of A.
After intense physical activity, athletes need post-competition meals rich in proteins and carbohydrates to restore energy and aid muscle recovery. Fluids and electrolytes lost in sweat also need to be replenished to prevent dehydration. The reason correctly explains why post-competition nutrition is crucial.

59. **Assertion (A) :** A diet high in fats and low in fiber increases the risk of heart diseases.
Reason (R) : Excess fat increases cholesterol levels, while fiber helps in maintaining heart health by reducing cholesterol absorption.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2020

(a) Both A and R are true, and R is the correct explanation of A.
Diets high in saturated fats contribute to increased cholesterol levels, which can lead to heart diseases like atherosclerosis is. On the other hand, fiber helps in reducing cholesterol absorption in the intestine, promoting heart health. The reason correctly explains the assertion.

MACHING TYPE QUESTIONS

60. Match the following nutrients with their functions:

Column I (Nutrient)		Column II (Function)	
(I)	Carbohydrates	1.	Provides energy.
(II)	Proteins	2.	Helps in tissue repair.
(III)	Vitamins	3.	Maintains body functions.
(IV)	Roughage	4.	Aids digestion.

(a) I-1, II-2, III-3, IV-4
(b) I-3, II-1, III-4, IV-2
(c) I-2, II-4, III-1, IV-3
(d) I-4, II-3, III-2, IV-1

Ans : MAIN 2023

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for brain function and physical activities. Common sources include rice, wheat, bread, potatoes, and fruits.

101. Differentiate between undernutrition and overnutrition.

Ans : COMP 2002

(i) Undernutrition : This occurs when the body does not receive enough nutrients, leading to weakness, stunted growth, and increased susceptibility to infections. It can result in conditions such as anemia, malnourishment, and muscle wasting. Undernutrition is common in areas with food scarcity or poor dietary habits.

(ii) Overnutrition : This occurs when there is an excess intake of nutrients, particularly fats and sugars, leading to obesity, diabetes, high blood pressure, and cardiovascular diseases. Overnutrition is often caused by overeating, lack of exercise, and excessive consumption of processed foods.

102. What is the purpose of a pre-competition meal?

Ans : SQP 2003

A pre-competition meal provides athletes with the necessary energy, nutrients, and hydration to perform optimally during sports or physical activity. This meal should be rich in carbohydrates to provide sustained energy,moderate in proteins to support muscle function, and low in fats to avoid sluggishness. It should also include fluids to maintain hydration levels. Foods such as bananas, rice, fish, fruit shakes and yogurt are commonly consumed before a competition. Eating the right pre-game meal prevents fatigue, stabilizes blood sugar levels and enhances endurance.

103. List two benefits of sports nutrition.

Ans : MAIN 2004

(i) Enhances Overall Performance : Proper sports nutrition ensures that athletes receive the right amount of nutrients to maintain strength, stamina, and endurance. A balanced diet with proteins, carbohydrates, and vitamins enhances muscle function and recovery, allowing athletes toper form at their peak.

(ii) Prevents Fatigue and Injury : A well-planned sports nutrition strategy helps in reducing muscle fatigue, preventing dehydration, and ensuring quicker recovery after training or competition. Consuming foods rich in electrolytes, proteins, and healthy fats helps in avoiding cramps, exhaustion, and injuries, thereby prolonging an athlete's career.

THREE MARKS QUESTIONS

104. State the importance of Health Education.

Ans : MAIN 2020

The importance of Health Education lies in its ability to enhance overall well-being and promote a healthy lifestyle.

(i) Discovering Physical Defects : Health education helps in identifying physical defects at an early stage, ensuring timely treatment and prevention of further complications.

(ii) Maintaining Good Health : It encourages individuals to adopt hygiene practices, balanced diets, and regular exercise, thereby maintaining physical and mental health.

(iii) Improving Human Relations : By fostering awareness and understanding, health education helps build positive interactions and relationships among individuals.

(iv) Encouraging Hygiene and Health Awareness : It imparts knowledge about personal and community hygiene, leading to a healthier environment.

(v) Part of Safety Education : Health education teaches safety practices, including first aid and accident prevention, ensuring overall safety and well-being.

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105. List any two given ways of maintaining personal cleanliness.

Ans : SQP 2018

Maintaining personal cleanliness is vital for both personal health and community well-being. Some key ways include :

(i) Keeping Nails Neat and Clean : Regularly trimming and cleaning nails prevent the accumulation of dirt and bacteria, reducing the risk of infections.

(ii) Avoiding Nose Picking : This prevents the spread of germs and reduces the chances of nasal injuries.

(iii) Brushing Teeth at Least Twice a Day : Regular brushing removes food particles and prevents dental issues like cavities and bad

(ii) What are the differences between undernutrition and overnutrition and how can they impact children's health?

Ans : COMP 2006

(i) A balanced diet contains the right proportion of carbohydrates, proteins, fats, vitamins, minerals, and water, essential for growth, energy, and disease prevention.

(ii) (a) Undernutrition : Lack of nutrients, causing stunted growth and deficiencies.
(b) Overnutrition : Excessive calorie intake, leading to obesity and diabetes.

127. Varun, a bodybuilder, follows a high-protein diet to build muscle. However, he often feels fatigued and experiences digestion issues despite consuming a large amount of protein. His dietitian advises him to maintain a balanced diet rather than focusing solely on protein.

(i) What are the six essential elements of a balanced diet, and why should Varun include them all in his meals?

(b) How can an improper diet negatively impact an athlete's performance and health?

Ans : MAIN 2008

(i) (a) Carbohydrates : Provide energy.
(b) Proteins : Build and repair tissues.
(c) Fats : Store energy.
(d) Vitamins : Boost immunity.
(e) Minerals : Strengthen bones and regulate body functions.
(f) Water : Hydrates and regulates temperature.

(ii) (a) Causes fatigue, slow recovery, and muscle weakness.
(b) Leads to digestive issues and imbalances.
(c) Reduces stamina and endurance.

128. Priya, a school athlete, experiences frequent muscle cramps and dizziness during practice sessions. Her coach advises her to stay hydrated and consume enough minerals to prevent deficiencies.

(i) Which minerals are essential for muscle function and hydration, and how do they help the body?

(ii) How much water should Priya consume daily to maintain proper hydration levels, especially as an athlete?

Ans : COMP 2010

(i) (a) Calcium and Magnesium : Prevent muscle cramps.
(b) Sodium and Potassium : Maintain hydration and nerve function.

(ii) At least 6-7 liters of water per day, more during intense training.

129. Arnav, a fitness enthusiast, has been consuming excessive amounts of fast food and sugary drinks, leading to weight gain and low energy levels. His nutritionist explains that he is suffering from overnutrition.

(i) What is overnutrition, and what are its common health risks?

(ii) How can Arnav modify his diet to achieve a healthier balance while maintaining energy for workouts?

Ans : SQP 2012

(i) Overnutrition occurs when a person consumes excess calories, fats and sugars, leading to weight gain and metabolic issues.
Common health risks include :
(a) Obesity, which increases the risk of heart disease and diabetes.
(b) High cholesterol, leading to artery blockage.
(c) Increased blood sugar levels, causing insulin resistance.
(d) Lethargy and fatigue, reducing physical performance.

(ii) (a) Replace fast food with home-cooked balanced meals rich in proteins, vegetables and whole grains.
(b) Drink water and natural juices instead of sugary drinks.
(c) Reduce processed foods and fried snacks to maintain a healthy weight.
(d) Incorporate fiber-rich foods like fruits and nuts to improve digestion.

130. A national-level football team is undergoing training for an upcoming championship. Their nutritionist emphasizes the importance of sports nutrition for peak performance and optimal recovery.

(i) What is sports nutrition, and how does it help athletes improve their performance?

(ii) List three key benefits of following a proper sports nutrition plan.

Ans : COMP 2014

(i) Sports nutrition is the practice of consuming a balanced diet to support energy levels, recovery and endurance for athletes.
It helps in :

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(iii) Adverse side effects : Supplements like protein powders, if not regulated, may cause nausea, headaches, or gastrointestinal issues.
(iv) Long-term health risks : Continuous use of supplements without medical supervision may lead to chronic health problems.
(v) To prevent these issues, it is advised to prioritize a balanced diet and consult a healthcare professional before starting supplements.

113. What is health education and why is it important?

Ans : COMP 2013

Health education is process of informing, motivating, and empowering individuals to adopt and maintain a healthy lifestyle. It promotes awareness about hygiene, disease prevention, and healthy habits, ensuring overall well-being.
Importance of Health Education :
(i) Promotes Healthy Attitudes : Encourages individuals to develop positive behaviors towards health and wellness.
(ii) Prevents Diseases : Spreads awareness about vaccination, sanitation, and hygiene to reduce illness.
(iii) Improves Quality of Life : Helps people make informed health decisions, leading to better living conditions and reduced healthcare costs.

114. Explain the significance of personal hygiene.

Ans : SQP 2014

Personal hygiene is essential for maintaining cleanliness and preventing infections. It includes practices such as bathing, brushing teeth, washing hands, and wearing clean clothes.
Significance of Personal Hygiene :
(i) Prevents Diseases : Proper hygiene reduces the risk of infections likes kin diseases, flu, and food borne illnesses.
(ii) Boosts Self-Confidence : Maintaining hygiene improves personal appearance and social interactions.
(iii) Promotes Overall Health : Clean habits contribute to better physical and mental well-being, ensuring a healthy lifestyle.

115. What is a balanced diet? Name its components.

Ans : MAIN 2015

A balanced diet is one that provides the body with the right proportions of essential nutrients required for energy, growth, and overall health. It ensures that the body functions properly and remains disease-free.
Components of a Balanced Diet :
(i) Carbohydrates : Provide energy (e.g., rice, wheat, potatoes).
(ii) Proteins : Essential for growth and tissue repair (e.g., eggs, milk, fish, pulses).
(iii) Fats : Provide energy and support cell functions (e.g., nuts, ghee, butter).
(iv) Vitamins : Help in body functions and disease prevention (e.g., fruits, vegetables).
(v) Minerals : Essential forb one health and immunity (e.g., calcium from milk, iron from spinach).

116. What is malnutrition? Differentiate between undernutrition and overnutrition.

Ans : COMP 2016

Malnutrition occurs when the body does not receive the necessary nutrients in the right amounts, leading to health problems and poor growth. It is categorized into two types :

Aspect	Undernutrition	Overnutrition
Definition	A condition where the body lacks essential nutrients.	A condition where the body gets excessive nutrients.
Causes	Poor diet, food scarcity, lack of proper intake.	Excessive calorie intake, unhealthy eating habits.
Effects	taunted growth, weakness, immune deficiency, anemia.	Obesity, diabetes, heart diseases, high cholesterol.

Conclusion : Both undernutrition and overnutrition negatively affect health. A balanced diet and regular physical activity help maintain optimal nutrition levels.

117. Why is sports nutrition important for athletes? List three benefits.

Ans : SQP 2017

Sports nutrition focuses on providing athletes with the right nutrients to improve performance, endurance, and recovery. It includes a proper balance of carbohydrates, proteins, fats, vitamins, minerals, and fluids to meet an athlete's energy demands.

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Three Benefits of Sports Nutrition :

(i) Delays Fatigue and Increases Stamina : A well-planned diet helps in sustaining energy levels and preventing early exhaustion during competitions.

(ii) Enhances Muscle Strength and Recovery : Consuming proteins and healthy fats aids in muscle growth, tissue repair, and faster recovery after training or matches.

(iii) Improves Focus and Hydration : Proper hydration and balanced nutrition keep athletes mentally sharp and physically active, reducing the risk of dehydration and cramps.

118. What is the importance of pre-competition meals? Give three examples of suitable foods.

Ans : MAIN 2018

A pre-competition meal is eaten before a sports event to provide energy, maintain blood sugar levels, and prevent hunger during the game. It ensures that athletes perform at their best by supplying essential carbohydrates, proteins, and fluids.

Three Suitable Pre-Competition Foods :

(i) Bananas : Provide natural sugars and potassium, which help maintain energy.

(ii) Rice with Fish or Vegetables : A balanced source of carbohydrates and proteins to fuel muscles.

(iii) Fruit Shake or Yogurt : Offers hydration and quick energy without causing bloating.

119. What is a post-competition meal? Explain its benefits.

Ans : COMP 2019

A post-competition meal is eaten after a sports event to help the body recover, repair muscle tissues, and replenish lost nutrients. It should include proteins for muscle recovery, carbohydrates for energy restoration, and fluids for hydration.

Benefits of a Post-Competition Meal :

(i) Repairs Muscle Damage : Proteins help rebuild and strengthen muscles after intense activity.

(ii) Restores Energy Levels : Carbohydrates replenish glycogen stores, which are depleted during competition.

(iii) Maintains Hydration : Replacing fluids and electrolytes lost through sweat helps in quick recovery and reduces muscle cramps.

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120. Why are food supplements not necessary for healthy children? List two precautions when taking supplements.

Ans : SQP 2020

Food supplements are concentrated sources of nutrients that support overall health, but they are not essential for children with a balanced diet. A well-nourished child already gets sufficient vitamins, minerals, proteins and fats from food. Unnecessary supplement intake can lead to side effects like weight gain, toxicity, or digestive issues.

Two Precautions When Taking Supplements :

(i) Consult a Doctor Before Use : Not all supplements are safe; some may interact with medications or cause allergies.

(ii) Check for Additives and Sugar Content : Some supplements contain artificial flavors, preservatives and excessive sugar, which can be harmful.

CASE BASED QUESTION

121. Aryan, a university student, is often fatigued and struggles with concentration during classes. Despite getting enough sleep, he frequently experiences headaches and lacks energy throughout the day. Upon visiting a doctor, he is advised to improve his diet and maintain a balanced lifestyle to enhance his overall well-being.

(i) According to the definition of health, what factors contribute to complete well-being?

(ii) How can Aryan improve his health through health education and lifestyle modifications?

Ans : MAIN 2021

(i) Health is defined as a state of complete physical, mental and social well-being, not just the absence of disease. Factors contributing to complete well-being include :

(a) Physical Health : Proper nutrition, regular exercise and a strong immune system.

(b) Mental Health : Emotional stability, stress management and good sleep.

(c) Social Health : Positive relationships and social interactions.

(ii) (a) Follow a balanced diet rich in vitamins and minerals.

(b) Engage in regular physical activity to improve stamina.

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(c) Stay hydrated and avoid excessive caffeine.
(d) Maintain a consistent sleep schedule to prevent fatigue.
(e) Reduce screen time and practice relaxation techniques.

122. Sneha, a school teacher, notices that many of her students frequently fall sick and lack knowledge about proper hygiene practices. She decides to implement a health education program in her school to promote hygiene and disease prevention.
(i) What are the primary objectives of health education that Sneha should focus on?
(ii) Why is health education important in schools, and how can it benefit students in the long term?

Ans : SQP 2023

(i) (a) Development of healthy habits among students.
(b) Prevention of infectious diseases through hygiene awareness.
(c) Educating students about proper nutrition and diet.
(d) Encouraging first aid knowledge for handling emergencies.
(e) Promoting safe and clean school environments.
(ii) (a) Helps students develop lifelong healthy habits.
(b) Reduces absenteeism due to illness.
(c) Enhances mental and social well-being.
(d) Creates awareness about disease prevention and hygiene.

123. Rohan, an athlete, is preparing for a national-level swimming competition. He understands the importance of maintaining personal hygiene to stay healthy and prevent infections. However, he is unsure about specific hygiene practices for his body.
(i) List three essential hygiene practices that Rohan should follow to maintain his overall health.
(ii) How does proper hygiene contribute to better athletic performance?

Ans : COMP 2000

(i) (a) Take regular baths with fresh water.
(b) Maintain nail hygiene by trimming them regularly.
(c) Wash hands properly before and after meals.
(ii) (a) Prevents skin infections and body odor.
(b) Reduces the risk of illness during training.
(c) Improves focus and confidence in sports.

124. Meera, a college student, has been experiencing frequent skin breakouts and scalp issues. She realizes that her daily routine lacks a proper skin care and hair care regimen. She consults a dermatologist, who advises her to follow specific hygiene practices.
(i) What are two essential skin care and hair care tips that Meera should follow?
(ii) How can poor hygiene impact an individual's physical health and self-confidence?

Ans : MAIN 2002

(i) (a) Use mild, skin-friendly soap and moisturize daily.
(b) Wash hair regularly with quality shampoo and avoid excessive heat styling.
(ii) (a) Leads to acne, dandruff and bacterial infections.
(b) Causes bad body odor, leading to embarrassment.
(c) Affects self-esteem and social interactions.

125. Aniket, a software engineer, spends long hours working on his laptop. He often experiences dry eyes, headaches, and difficulty focusing on the screen. He realizes that he may not be taking proper care of his eyes.
(i) What are three important eye care tips that can help Aniket maintain good eye health?
(b) How can a proper eye care routine prevent vision-related issues in the long run?

Ans : SQP 2004

(i) (a) Use cold water to wash eyes regularly.
(b) Follow the 20-20-20 rule (every 20 minutes, look 20 feet away for 20 seconds).
(c) Consume foods rich in Vitamin A (carrots, spinach, fish).
(ii) (a) Prevents eye strain and dryness.
(b) Reduces risk of blurred vision and headaches.
(c) Maintains good eyesight and focus.

126. A group of school children participate in a nutrition awareness program where they learn about the importance of a balanced diet. Their teacher explains that an imbalanced diet can lead to malnutrition.
(i) Define a balanced diet and explain its importance for overall health.

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(c) Avoid misleading advertisements promoting unrealistic health benefits.
(d) Check for approval by health regulatory bodies.

(ii) (a) Ensures the supplement is safe and necessary.
(b) Prevents overdosing on vitamins or minerals.
(c) Avoids interactions with existing medications.
(d) Provides scientific guidance on dosage and benefits.

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135. A mother is concerned about her child's nutrition and wonders if food supplements are necessary for his growth. She consults a pediatrician to understand the role of supplements in children's health.

(i) What are food supplements, and what role do they play in a child's diet?
(ii) What are two advantages and two disadvantages of using food supplements for children?

Ans : MAIN 2022

(i) Food supplements are concentrated sources of vitamins, minerals, and other nutrients meant to enhance regular dietary intake.
Their role includes :
(a) Providing essential nutrients in case of deficiencies.
(b) Boosting immunity to prevent frequent illnesses.
(c) Supporting healthy growth and development.

(ii) Advantages :
(a) Fills nutritional gaps if a child's diet is imbalanced.
(b) Supports brain and bone development with essential nutrients.
Disadvantages :
(a) Unnecessary if the child already has a balanced diet.
(b) Overuse may cause toxicity (e.g., excessive vitamin intake can be harmful).

(a) Delaying fatigue during training.
(b) Enhancing muscle growth and strength.
(c) Faster recovery after exercise.
(d) Maintaining hydration and body temperature.

(ii) (a) Boosts stamina for prolonged training sessions.
(b) Reduces injury risks by strengthening bones and muscles.
(c) Improves concentration and mental alertness.

131. Before an important cricket match, a player is advised to eat a pre-competition meal to maximize his stamina and endurance. However, he is unsure about what foods to consume.
(i) What is a pre-competition meal, and why is it essential for athletes?
(ii) Suggest three recommended food items for a pre-competition meal and explain their benefits.

Ans : MAIN 2016

(i) A pre-competition meal is eaten before a match to provide energy, stamina and hydration for optimal performance.
It ensures :
(a) Stable blood sugar levels to avoid energy crashes.
(b) Proper digestion for comfort during play.
(c) Adequate glycogen storage for endurance.

(ii) (a) Rice and grilled chicken : Provides complex carbohydrates and lean protein for sustained energy.
(b) Fruit smoothie : Supplies natural sugars and vitamins for hydration.
(c) Whole-grain sandwich with peanut butter : Offers slow-releasing energy for endurance.

132. During a marathon, runners consume sports drinks and energy gels to maintain their energy levels. The event's nutrition expert explains the importance of a during-competition meal.
(i) What is the purpose of a during-competition meal and how does it benefit endurance athletes?
(ii) List three food items that are ideal for consumption during a competition and explain why they are beneficial.

Ans : SQP 2018

(i) A during-competition meal helps maintain energy, hydration and muscle strength throughout the event.
Benefits include :
(a) Replenishes electrolytes lost through sweat.
(b) Sustains blood glucose levels to prevent fatigue.
(c) Delays muscle exhaustion by refueling glycogen stores.

(ii) (a) Sports drinks : Restore hydration and electrolytes.
(b) Energy bars : Provide fast-digesting carbohydrates for immediate energy.
(c) Bananas : Rich in potassium, preventing muscle cramps.

133. After an intense basketball game, players are advised to consume a post-competition meal to replenish energy and aid muscle recovery. A young player asks the coach why this meal is necessary.
(i) What is the importance of a post-competition meal, and how does it help in muscle recovery?
(ii) Suggest three ideal food items for a post-competition meal and explain their benefits.

Ans : COMP 2020

(i) A post-competition meal helps restore glycogen levels, repair muscle tissue and prevent soreness.
(a) Rebuilding muscle fibers damaged during intense play.
(b) Rehydration to replace lost fluids.
(c) Boosting immune function after physical exertion.

(ii) (a) Eggs and whole-grain toast : Provides protein for muscle repair.
(b) Greek yogurt with fruit : Combines proteins and carbohydrates for recovery.
(c) Vegetable smoothie with peanut butter : Supplies antioxidants and healthy fats to reduce inflammation.

134. An online advertisement promotes a new energy supplement, claiming it enhances strength and boosts immunity. A nutritionist advises caution before purchasing such products.
(i) What precautions should individuals take before consuming food supplements?
(ii) Why is it important to consult a doctor before starting any dietary supplement?

Ans : SQP 2024

(i) (a) Consult a doctor to check if supplements are needed.
(b) Verify ingredients to ensure they are free from harmful chemicals.

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breath.
(iv) Washing Hands with Soap and Water : Proper handwashing before and after meals and after using toilets reduces the spread of harmful germs and diseases.

106. Give any six components of a balanced diet.

Ans : COMP 2020

The six components of a balanced diet are :
(i) Proteins : These are body-building nutrients that help repair and build tissues. Examples include milk, eggs, pulses and meat.
(ii) Carbohydrates : They provide energy to the body. Foods like rice, bread, potatoes and bananas are rich in carbohydrates.
(iii) Fats : Fats provide energy, twice as much as carbohydrates. Butter, ghee and nuts are good sources but should be consumed in moderation to avoid health issues.
(iv) Vitamins : These are essential for maintaining good health, strengthening immunity and ensuring the proper functioning of nerves and skin.
(v) Minerals : Needed in small amounts, minerals like calcium and iron help in building bones, teeth and blood oxygen transport.
(vi) Water : It makes up two-thirds of our body, helps maintain body temperature and is crucial for hydration. Around 10-12 glasses per day are recommended.

107. State sources of protein.

Ans : COMP 2020 ,2007

Sources of protein include :
(i) Animal-based : Milk, eggs, meat and fish.
(ii) Plant-based : Pulses, legumes, nuts, and soy products.

108. Write the calorie requirement of the following age groups.

Ans : SQP 2008,2017

(i) A child aged 14 years : 1800 calories per day
(ii) An adult female (60 kg) : 2400 calories per day
(iii) An adult male (60 kg) : 2800 calories per day

109. State any three factors that influence the dietary requirement of a person.

Ans : MAIN 2014,2009

The dietary requirements of a person depend on :
(i) Climate : People in colder climates require more calories to maintain body heat.
(ii) Age : Younger individuals need more nutrients for growth and development.
(iii) Occupation : Manual laborers require more energy-rich foods compared to sedentary workers.

110. State three benefits of sports nutrition.

Ans : COMP 2010

Sports nutrition plays a vital role in the performance and well-being of athletes.
(i) Reduces the risk of injury : A balanced diet ensures proper muscle and tissue repair, lowering the chances of injury.
(ii) Improves body functioning : Sports nutrition helps maintain optimal energy levels and supports bodily functions during or after intense activities like training or competition.
(iii) Enhances endurance capacity : It provides the necessary nutrients to increase stamina, enabling athletes to perform for longer durations without fatigue.

111. List down some sources of post-competition meals.

Ans : SQP 2011

Post-competition meals should be rich in protein and carbohydrates to aid recovery. Some excellent sources include :
(i) Yogurt : High in protein, supports muscle repair.
(ii) Juice : Replenishes lost fluids and provides quick energy.
(iii) Chicken breasts : A lean protein source for muscle recovery.
(iv) Turkey and cheese : Provides both protein and essential fats.
(v) Fish : Rich in omega-3 fatty acids, supports inflammation control.
(vi) Green vegetables : Loaded with vitamins and minerals, boosts overall recovery.

112. Critically explain the use of dietary supplements in heavy doses for longer durations.

Ans : MAIN 2012

Dietary supplements, when consumed in excess over a long period, can have harmful effects on the body :
(i) Liver and kidney damage : Heavy doses may overload these organs, leading to toxicity.
(ii) Unbalanced nutrition : Over-reliance on supplements may reduce the intake of natural nutrients from food.

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CHAPTER 8

CAREERS IN PHYSICAL EDUCATION

SUMMARY

1. COURSES IN PHYSICAL EDUCATION

After completing Class XII, students can pursue degrees like B.P.E, B.P.ED, M.P.E, M.P.ED, M.PHIL, PHD and various diploma courses.

2. CAREER OPTIONS IN PHYSICAL EDUCATION

Physical education offers a wide range of career opportunities for individuals passionate about fitness, sports, and overall well-being. It provides diverse pathways in teaching, administration, media, security and therapeutic roles, allowing professionals to contribute to the field in various capacities.

2.1 Teaching Career in Physical Education

1. Physical Education Teacher (School Levels) : Teaches health education and physical activities in primary, middle, and senior school levels. Duties include coaching students in sports, organizing events, managing lunch and hall facilities, and attending parent-teacher meetings.
2. Assistant Professor, Associate Professor, and Professor : Works at colleges and universities, teaching specialized physical education subjects based on qualifications.

3. SPORTS ADMINISTRATION AND MANAGEMENT

1. Sports Officer/Director of Physical Education and Sports : Oversees sports programs in educational institutions, organizes competitions, and develops physical education aspects.
2. Inspector of Physical Education : Works in both government and private sectors, ensuring standards in physical education.
3. Manager/Instructor of Health Clubs and Fitness Centers : Supervises health and fitness programs, guiding individuals to achieve fitness goals.

4. MEDIA AND SECURITY ROLES

1. Sports Commentator : Provides live analysis and commentary on sports events.
2. Police and Paramilitary Officer : Uses physical fitness expertise in law enforcement and defense roles.
3. Officer in Indian Defense Services : Physical education knowledge is utilized to train personnel and maintain their fitness.

5. THERAPIST ROLES IN PHYSICAL EDUCATION

1. Chiropractor : Diagnoses and treats health issues related to muscles, nerves, and the skeletal system, specializing in sports injuries and nutrition.
2. Exercise Therapist : Focuses on restoring mobility and reducing pain for individuals recovering from injuries or illnesses.
3. Occupational Therapist : Helps individuals with physical, mental, or emotional disabilities improve their daily functioning and independence. Often serves as a counselor.

MULTIPLE CHOICE QUESTION

1. Which of the following degrees is the highest level of education in Physical Education?
(a) B.P.ED
(b) M.P.ED
(c) Ph.D.
(d) Diploma in Physical Education

Ans : SQP 2024

(c) Ph.D.
A Ph.D. (Doctor of Philosophy in Physical Education) is the highest level of education in the field, focusing on advanced research, specialized knowledge, and contributions to physical education and sports science.

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2. Which of the following is a diploma-level qualification in Physical Education?
(a) M.P.E
(b) B.P.ED
(c) Ph.D.
(d) Various diploma courses

Ans : COMP 2023

(d) Various diploma courses
In addition to degree programs,various diploma courses in sports coaching, fitness training and physical education methodologies are available for students who want to specialize in a particular area.

3. What is the primary duty of an Assistant Professor in Physical Education?
(a) Organizing sports tournaments
(b) Teaching specialized physical education subjects at the college level
(c) Managing sports facilities
(d) Training military personnel

Ans : MAIN 2022

(b) Teaching specialized physical education subjects at the college level
An Assistant Professor in Physical Education works at colleges and universities, teaching advanced topics related to sports science, physical fitness and training methodologies.

4. Which career involves managing health and fitness programs in gyms and wellness centers?
(a) Sports Commentator
(b) Inspector of Physical Education
(c) Manager/Instructor of Health Clubs and Fitness Centers
(d) Chiropractor

Ans : SQP 2003

(c) Manager/Instructor of Health Clubs and Fitness Centers
A Manager or Instructor in Health Clubs and Fitness Centers helps individuals achieve their fitness goals by designing and supervising exercise routines, diet plans and wellness programs.

5. Who is responsible for ensuring that physical education standards are maintained in institutions?
(a) Sports Officer
(b) Inspector of Physical Education
(c) Exercise Therapist
(d) Occupational Therapist

Ans : COMP 2004

(b) Inspector of Physical Education
The Inspector of Physical Education monitors, evaluates, and ensures that government and private institutions follow the required physical education guidelines and maintain high standards.

6. What is the role of a Sports Officer in an educational institution?
(a) Teaching sports commentary
(b) Conducting research in sports medicine
(c) Managing and organizing sports programs
(d) Treating patients with mobility issues

Ans : MAIN 2005

(c) Managing and organizing sports programs
A Sports Officer is responsible for overseeing sports programs, conducting inter-school competitions, and developing physical education policies in schools, colleges, and universities.

7. Which of the following career options requires expertise in sports analysis and broadcasting?
(a) Police Officer
(b) Occupational Therapist
(c) Sports Commentator
(d) Exercise Therapist

Ans : SQP 2006

(c) Sports Commentator
A Sports Commentator provides real-time analysis, expert opinions, and commentary on sports matches for TV, radio, and online platforms.

8. Which career in Physical Education is directly related to law enforcement?
(a) Police and Paramilitary Officer
(b) Occupational Therapist
(c) Health Club Instructor
(d) Sports Commentator

Ans : COMP 2007

(a) Police and Paramilitary Officer
Physical fitness is essential in law enforcement and paramilitary services, where officers must maintain high physical endurance, agility, and strength.

9. Which of the following professionals treats sports-related musculoskeletal issues?
(a) Sports Commentator
(b) Chiropractor
(c) Physical Education Teacher
(d) Police Officer

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Ans : SQP 2009

(b) Chiropractor
A Chiropractor diagnoses and treats musculoskeletal issues related to sports injuries, posture problems and physical stress, helping athletes recover and improve mobility.

10. What is the key responsibility of an Officer in Indian Defense Services related to Physical Education?
(a) Conducting fitness training for defense personnel
(b) Organizing school-level sports events
(c) Commenting on military sports competitions
(d) Managing health clubs for civilians

Ans : MAIN 2008

(a) Conducting fitness training for defense personnel
An Officer in Indian Defense Services utilizes Physical Education principles to train military personnel, ensuring peak physical fitness, combat readiness, and overall endurance.

11. What is the main focus of an Exercise Therapist?
(a) Providing guidance on sports commentary
(b) Supervising fitness programs at gyms
(c) Restoring mobility and reducing pain through rehabilitation exercises
(d) Teaching Physical Education at universities

Ans : COMP 2010

(c) Restoring mobility and reducing pain through rehabilitation exercises
An Exercise Therapist specializes in rehabilitative training to help individuals regain movement, reduce pain, and recover from sports injuries or surgeries.

12. Who helps individuals with physical or mental disabilities improve their daily life activities?
(a) Sports Officer
(b) Occupational Therapist
(c) Exercise Therapist
(d) Manager of Fitness Centers

Ans : MAIN 2011

(b) Occupational Therapist
An Occupational Therapist assists individuals with physical, mental, or emotional disabilities, helping them develop skills for independence and daily activities.

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13. Which of the following roles does NOT require teaching in educational institutions?
(a) Physical Education Teacher
(b) Assistant Professor
(c) Chiropractor
(d) Sports Officer

Ans : SQP 2011

(c) Chiropractor
A Chiropractor is a healthcare professional who specializes in treating muscle, nerve, and skeletal issues, mainly for athletes and individuals with physical injuries, rather than teaching.

14. What is the primary goal of a Director of Physical Education and Sports?
(a) Providing sports commentary
(b) Managing and developing physical education programs
(c) Conducting exercise therapy
(d) Teaching in middle school

Ans : COMP 2012

(b) Managing and developing physical education programs
A Director of Physical Education and Sports oversees sports programs, organizes events, and implements physical education strategies in educational institutions.

15. What is the role of an Occupational Therapist in Physical Education?
(a) Analyzing sports matches on television
(b) Assisting disabled individuals to perform daily tasks independently
(c) Managing fitness clubs and gyms
(d) Coaching professional athletes in sports techniques

Ans : MAIN 2013

(b) Assisting disabled individuals to perform daily tasks independently
An Occupational Therapist helps individuals with physical or mental disabilities regain independence by assisting them in daily activities and rehabilitation.

16. Which profession is most directly related to working with injured athletes?
(a) Exercise Therapist
(b) Sports Commentator
(c) Defense Officer
(d) Health Club Manager

Ans : SQP 2014

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MACHING TYPE QUESTIONS

61. Educational Roles by Institution Type

Role		Responsibility Description	
(I)	Physical Education Teacher (School Levels)	1.	Instructs students and organizes school sports.
(II)	Assistant/Associate/ Professor (Colleges/ Universities)	2.	Teaches specialized physical education subjects.
(III)	Manager/Instructor of Health Clubs & Fitness Centers	3.	Supervises health programs and guides fitness activities.
(IV)	Inspector of Physical Education	4.	Monitors standards and ensures quality in physical education.

(a) I-1, II-2, III-3, IV-4
(b) I-3, II-1, III-4, IV-2
(c) I-2, II-4, III-1, IV-3
(d) I-4, II-3, III-2, IV-1

Ans : COMP 2011

(a) I-1, II-2, III-3, IV-4
This table matches educational roles with specific responsibilities in physical education across diverse institutional settings. The teacher instructs and organizes school sports; the college professor delivers specialized subjects; the health club manager supervises fitness programs; and the inspector monitors standards. Each mapping distinguishes career functions in the field clearly.

62. Sports Administration and Security Roles

Role		Responsibility Description	
(a)	Sports Officer/ Director of Physical Education & Sports	1.	Oversees sports programs and organizes competitions.
(b)	Inspector of Physical Education	2.	Monitors and enforces physical education standards.
(c)	Police and Paramilitary Officer	3.	Applies physical fitness expertise in law enforcement.
(d)	Officer in Indian Defense Services	4.	Trains military personnel and maintains rigorous fitness standards.

(a) I-1, II-2, III-3, IV-4
(b) I-3, II-1, III-4, IV-2
(c) I-2, II-4, III-1, IV-3
(d) I-4, II-3, III-2, IV-1

Ans : SQP 2015

(a) I-1, II-2, III-3, IV-4
This table maps roles in sports administration and security with their responsibilities. The sports officer organizes competitions; the inspector enforces standards; the police and paramilitary officer applies fitness in law enforcement; and the defense services officer trains military personnel. Each pairing represents distinct functions in physical education effectively and efficiently.

63. Diverse Career Functions in Physical Education

Role		Responsibility Description	
(a)	Physical Education Teacher (School Levels)	1.	Instructs students and organizes school sports activities.
(b)	Sports Commentator	2.	Provides live analysis and commentary during sports events.
(c)	Exercise Therapist	3.	Uses targeted exercises to restore mobility and reduce pain.
(d)	Chiropractor	4.	Diagnoses and treats musculoskeletal issues related to sports.

(a) I-1, II-2, III-3, IV-4
(b) I-3, II-1, III-4, IV-2
(c) I-2, II-4, III-1, IV-3
(d) I-4, II-3, III-2, IV-1

Ans : COMP 2010

(a) I-1, II-2, III-3, IV-4
This table aligns diverse career functions in physical education with responsibilities. The teacher instructs and organizes school sports; the commentator delivers live analysis; the exercise therapist restores mobility; and the chiropractor diagnoses and treats musculoskeletal issues. Each matching option clearly differentiates unique job functions across teaching, media, therapy, and healthcare.

64. Academic Pathways in Physical Education

Role		Responsibility Description	
(a)	B.P.E / B.P.ED (Undergraduate)	1.	Provides foundational education in physical education.
(b)	M.P.E / M.P.ED (Postgraduate)	2.	Develops advanced teaching and management skills.
(c)	M.PHIL / PHD	3.	Offers specialized research expertise in physical education.
(d)	Diploma Courses	4.	Delivers practical certification and targeted training.

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23. What is the role of a Sports Officer or Director of Physical Education and Sports?
(a) Analyzing sports matches on television
(b) Overseeing sports programs in educational institutions
(c) Conducting military training in defense services
(d) Designing rehabilitation exercises for injured patients

Ans : COMP 2020

(b) Overseeing sports programs in educational institutions
A Sports Officer or Director of Physical Education and Sports is responsible form anaging sports programs in schools, colleges, and universities. They organize competitions, oversee physical education curriculum development, and promote sports at different educational levels.

24. Which of the following roles involves supervising health and fitness programs in gyms and wellness centers?
(a) Manager/Instructor of Health Clubs and Fitness Centers
(b) Sports Commentator
(c) Officer in Indian Defense Services
(d) Chiropractor

Ans : MAIN 2000

(a) Manager/Instructor of Health Clubs and Fitness Centers
A Manager/Instructor in Health Clubs and Fitness Centers is responsible for designing and supervising fitness programs that help individuals achieve their health and wellness goals. They work in gyms, sports clubs, and wellness centers.

25. Which therapist specializes in diagnosing and treating muscle, nerve, and skeletal system issues?
(a) Exercise Therapist
(b) Chiropractor
(c) Occupational Therapist
(d) Manager of Health Clubs

Ans : COMP 2001

(b) Chiropractor
A Chiropractor is a medical professional specializing in treating musculoskeletal issues related to sports injuries, posture problems, and physical stress. They help athletes recover from injuries and improve mobility.

26. Who provides live analysis and expert commentary on sports events?
(a) Chiropractor
(b) Sports Commentator
(c) Occupational Therapist
(d) Sports Officer

Ans : SQP 2001

(b) Sports Commentator
A Sports Commentator provides real-time analysis, insights, and expert opinions on sports matches during live broadcasts on TV, radio, and online platforms.

27. In which of the following professions does Physical Education knowledge help maintain fitness in law enforcement?
(a) Sports Commentator
(b) Police and Paramilitary Officer
(c) Exercise Therapist
(d) Manager of Health Clubs

Ans : COMP 2002

(b) Police and Paramilitary Officer
A Police and Paramilitary Officer requires high physical fitness levels to perform their duties effectively. Physical Education helps in training, endurance-building, and maintaining overall strength, which is essential for law enforcement and defense roles.

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28. Which profession in Physical Education is responsible for training personnel in the Indian Defense Services?
(a) Sports Commentator
(b) Officer in Indian Defense Services
(c) Sports Inspector
(d) Chiropractor

Ans : SQP 2024

(b) Officer in Indian Defense Services
An Officer in Indian Defense Services applies physical education principles to train military personnel. They help in maintaining physical fitness, endurance, and combat readiness, which is crucial for defense operations.

29. What does an Exercise Therapist do?
(a) Designs rehabilitation programs to restore mobility
(b) Provides commentary on sports events
(c) Manages sports teams in colleges
(d) Inspects physical education standards in schools

(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2024

(a) Both A and R are true, and R is the correct explanation of A.
Physical fitness is a key requirement for Police Officers, helping them perform rescues, chase suspects, and handle physically intense situations. Regular training ensures strength, agility, and endurance.

52. **Assertion (A) :** A Ph.D. in Physical Education is the highest academic qualification in the field.
Reason (R) : A Ph.D. focuses on advanced research, academic teaching, and policy-making in Physical Education.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2000

(a) Both A and R are true, and R is the correct explanation of A.
A Ph.D. (Doctor of Philosophy) in Physical Education is the highest level of academic qualification. It involves extensive research in exercise science, sports psychology, biomechanics, and training methodologies. Ph.D. holders contribute to academic teaching, policy making, and developing innovative fitness strategies.

53. **Assertion (A) :** An Assistant Professor of Physical Education only teaches practical sports skills.
Reason (R) : Professors in Physical Education also conduct research, develop curricula, and mentor students.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is false, but R is true.
(d) A is true, but R is false.

Ans : SQP 2001

(c) A is false, but R is true.
An Assistant Professor in Physical Education is not limited tote aching practical sports skills; they also conduct research, design physical education curricula and mentor students in academic and athletic careers. Their work contributes to both theoretical and practical advancements in sports science.

54. **Assertion (A) :** A Sports Officer is responsible for organizing sports tournaments in schools and colleges.
Reason (R) : Sports Officers manage competitions, ensure fair play, and oversee training programs.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2002

(a) Both A and R are true, and R is the correct explanation of A.
A Sports Officer plays a vital role in coordinating and managing athletic competitions. They ensure proper training facilities, fair play, and smooth execution of tournaments at different levels. Their responsibilities also include supervising coaches, sports instructors, and student athletes.

55. **Assertion (A) :** An Inspector of Physical Education ensures the safety of sports equipment in schools.
Reason (R) : Inspectors evaluate sports education programs, training facilities, and curriculum effectiveness.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2003

(b) Both A and R are true, but R is not the correct explanation of A.
An Inspector of Physical Education is responsible fore valuating the quality of physical education programs, inspecting facilities, and recommending improvements. While they also ensures ports equipment is safe and well-maintained, their role is much broader and includes monitoring physical education standards in institutions.

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35. A Sports Commentator provides live _____ and commentary on sports events.
(a) Coaching
(b) Analysis
(c) Therapy
(d) Management

Ans : COMP 2008

(b) Analysis
A Sports Commentator delivers real-time analysis and expert commentary on live sports events. They describe game strategies, player performances, and key moments in matches while engaging audiences through television, radio, and digital platforms. Their expertise in sports rules, techniques, and history allows them to provide insightful coverage for sports fans worldwide.

36. The primary role of an Inspector of Physical Education is to ensure _____ in both government and private institutions.
(a) Safety regulations
(b) High physical education standards
(c) Student enrollments
(d) Athletic training

Ans : SQP 2009

(b) High physical education standards
An Inspector of Physical Education ensures that schools, colleges, and universities comply with established physical education guidelines. They are responsible fore valuating sports programs, assessing training facilities, ensuring qualified staff, and implementing government policies in Physical Education. Their work helps maintain uniformity and quality in sports education across different institutions.

37. An Officer in Indian Defense Services applies Physical Education knowledge to train _____.
(a) College students
(b) Defense personnel
(c) Gym trainers
(d) Sports coaches

Ans : SQP 2012

(b) Defense personnel
Officers in the Indian Defense Services utilize Physical Education principles to train military personnel in combat fitness, endurance, strength, and discipline. Physical fitness is essential in defense forces to ensure peak performance, readiness for combat, and overall physical and mental resilience.

38. A Manager/Instructor of Health Clubs and Fitness Centers is responsible for supervising _____ programs.
(a) Banking and finance
(b) Health and fitness
(c) Military training
(d) Legal education

Ans : COMP 2010

(b) Health and fitness
A Manager or Instructor in Health Clubs and Fitness Centers designs and oversees fitness programs, diet plans, and workout routines to help individuals achieve their health goals. They guide people in weight management, muscle building, endurance training, and overall wellness while ensuring that gym equipment and safety protocols are properly maintained.

39. A _____ uses physical fitness expertise in law enforcement and paramilitary services.
(a) Sports Commentator
(b) Occupational Therapist
(c) Police and Paramilitary Officer
(d) Exercise Therapist

Ans : MAIN 2011

(c) Police and Paramilitary Officer
Physical fitness is a key requirement in law enforcement and paramilitary services. Officers undergo intensive physical training, endurance-building exercises, and tactical drills to maintain their strength and agility. Their role demands high fitness levels for combat readiness, patrolling, crisis handling, and emergency response operations.

40. A Chiropractor specializes in diagnosing and treating issues related to _____.
(a) Banking operations
(b) Muscle, nerve, and skeletal systems
(c) Diet and nutrition
(d) Business management

Ans : COMP 2013

(b) Muscle, nerve, and skeletal systems
A Chiropractor is a healthcare professional who diagnoses and treats musculoskeletal issues such as joint pain, spinal misalignment, and sports injuries. Their expertise is particularly useful in treating athletes recovering from physical strain or injury.

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Ans : MAIN 2002

(a) Designs rehabilitation programs to restore mobility
An Exercise Therapist helps individuals recover from injuries and surgeries by designing specific rehabilitation exercises to restore mobility and reduce pain. Their work is essential for patients recovering from sports injuries and physical ailments.

30. Who assists individuals with physical, mental, or emotional disabilities in improving their daily life functions?
(a) Sports Officer
(b) Chiropractor
(c) Occupational Therapist
(d) Exercise Therapist

Ans : SQP 2003

(c) Occupational Therapist
An Occupational Therapist works with individuals who have physical, mental, or emotional disabilities, helping them gain independence and improve daily functioning. They often serve as counselors, guiding patients in overcoming physical limitations.

31. After completing Class XII, students can pursue degrees such as B.P.E, B.P.ED, M.P.E, M.P.ED, M.PHIL, and _____.
(a) BBA
(b) MBBS
(c) Ph.D.
(d) B.Tech

Ans : COMP 2004

(c) Ph.D.
A Ph.D. (Doctor of Philosophy in Physical Education) is the highest academic qualification in Physical Education. It focuses on advanced research, specialized studies, and academic teaching in the field of sports science, physical fitness, and exercise physiology. This degree is typically pursued by individuals aiming to become professors, researchers, or high-level administrators in Physical Education.

32. A _____ is responsible for coaching students in sports, organizing events, and managing school sports activities.
(a) Police Officer
(b) Physical Education Teacher
(c) Chiropractor
(d) Sports Commentator

Ans : MAIN 2005

(b) Physical Education Teacher
A Physical Education Teacher plays a vital role in schools byte aching health education and physical activities to students at primary, middle, and senior levels. Their responsibilities included eve loping fitness programs, coaching students in different sports, organizing school sports competitions, managing sports facilities, and promoting physical well-being among students. They also attend parent-teacher meetings to discuss students' progress in physical education.

33. An Assistant Professor, Associate Professor, and Professor in Physical Education work in _____.
(a) Schools
(b) Hospitals
(c) Universities and Colleges
(d) Sports Clubs

Ans : SQP 2006

(c) Universities and Colleges
Professors in Physical Education work in higher education institutions such as universities and colleges, where they teach specialized subjects related to sports science, kinesiology, exercise physiology, and fitness training. They also conduct research, mentor students, and contribute to the development of academic programs in Physical Education. Their role varies based on qualifications and experience, with Assistant Professors focusing on teaching, while Associate and Full Professors engage in research and departmental leadership.

34. The role of a Sports Officer or Director of Physical Education and Sports is to oversee _____ in educational institutions.
(a) Medical research
(b) Sports programs
(c) Banking services
(d) Media broadcasting

Ans : MAIN 2007

(b) Sports programs
A Sports Officer or Director of Physical Education and Sports is responsible form anaging and organizing sports activities in schools, colleges, and universities. Their duties included eve loping sports policies, arranging inter-school or national competitions, ensuring proper training facilities, and promoting fitness awareness among students. They work closely with coaches, trainers, and faculty members to enhance sports education in their institutions.

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(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is false, but R is true.
(d) A is true, but R is false.

Ans : COMP 2019

(c) A is false, but R is true.
A Chiropractor is a specialist in treating muscle, bone and joint-related issues, particularly in athletes. While their treatment helps with pain relief, flexibility, and posture correction, they do not directly improvement al focus, which is the domain of sports psychologists.

47. **Assertion (A) :** A Pre-Competition Meal helps athletes improve stamina and endurance.
Reason (R) : A Pre-Competition Meal provides essential carbohydrates, proteins, vitamins, and hydration for peak performance.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2020

(a) Both A and R are true, and R is the correct explanation of A.
A Pre-Competition Meal provides the necessary carbohydrates for energy, proteins for muscle maintenance, vitamins for overall health and hydration for fluid balance. These factors contribute to increased stamina, improved endurance, and reduced fatigue during competition.

48. **Assertion (A) :** Exercise Therapists primarily work with healthy individuals to improve their fitness levels.
Reason (R) : Exercise Therapists help individuals recover from injuries and restore mobility.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is false, but R is true.
(d) A is true, but R is false.

Ans : SQP 2021

(c) A is false, but R is true.
Exercise Therapists do not primarily focus on improving the fitness of healthy individuals. Instead, they assist people in recovering from injuries, regaining mobility, and reducing pain through customized rehabilitation exercises and therapy programs.

49. **Assertion (A) :** A Fitness Instructor is responsible for training law enforcement officers in combat skills.
Reason (R) : Fitness Instructors design workout programs and help clients achieve fitness goals.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is false, but R is true.
(d) A is true, but R is false.

Ans : COMP 2022

(c) A is false, but R is true.
A Fitness Instructor designs and supervises exercise programs for general fitness and health. They do not specialize in combat training for law enforcement officers, which is typically handled by military or tactical training specialists.

50. **Assertion (A) :** An Occupational Therapist helps individuals with physical, mental, or emotional disabilities regain independence.
Reason (R) : Occupational Therapists design therapy programs and assist in developing daily life skills.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : MAIN 2023

(a) Both A and R are true, and R is the correct explanation of A.
Occupational Therapists assist people with disabilities or physical challenges by designing therapy programs that improve mobility, motor skills, and daily functionality. Their role ensures individuals can perform everyday activities independently.

51. **Assertion (A) :** Police Officers require regular physical training to maintain job performance.
Reason (R) : Physical fitness helps officers handle emergency situations, maintain endurance, and perform physically demanding tasks.

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41. An Exercise Therapist helps in restoring _____ for individuals recovering from injuries.
(a) Strength and mobility
(b) Vision
(c) Memory
(d) Appetite

Ans : MAIN 2014

(a) Strength and mobility
An Exercise Therapist designs rehabilitation exercises to help individuals regain muscle strength, flexibility, and mobility after injuries or surgeries. Their role is crucial in sports injury recovery and physical rehabilitation programs.

42. An Occupational Therapist helps individuals with _____ disabilities to improve their daily functioning.
(a) Financial
(b) Physical, mental, or emotional
(c) Technological
(d) Language

Ans : SQP 2015

(b) Physical, mental, or emotional
An Occupational Therapist assists individuals with physical, mental, or emotional disabilities by helping them develop daily life skills, regain independence, and adjust to their surroundings.

ASSERTION AND REASON

43. **Assertion (A) :** A Physical Education teacher is responsible for organizing sports events in schools.
Reason (R) : Organizing sports events helps students develop teamwork, leadership, and physical fitness.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : COMP 2024

(a) Both A and R are true, and R is the correct explanation of A.
A Physical Education teacher not only teaches fitness and sports techniques but also organizes sports events at school to enhance teamwork, leadership, and physical fitness among students. Sports events encourage active participation, discipline and skill development, making it an essential part of physical education.

44. **Assertion (A) :** A Sports Commentator is responsible for coaching players during matches.
Reason (R) : A Sports Commentator provides live analysis and commentary on sports events.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is false, but R is true.
(d) A is true, but R is false.

Ans : MAIN 2023

(c) A is false, but R is true.
A Sports Commentator does not coach players; instead, they provide live game analysis, player insights, and expert opinions for television, radio, and online platforms. Their job is to keep the audience engaged by offering real-time descriptions of matches, strategies, and player performances.

45. **Assertion (A) :** A Sports Officer is responsible for ensuring proper training and fitness programs in schools and colleges.
Reason (R) : Sports Officers oversee sports programs, organize competitions, and manage sports infrastructure.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2022

(a) Both A and R are true, and R is the correct explanation of A.
A Sports Officer plays a key role in organizing training programs, competitions, and sports events. They are responsible for monitoring sports facilities, ensuring the quality of training, and maintaining fitness standards in schools and colleges, making them vital for structured sports education.

46. **Assertion (A) :** A Chiropractor helps improve an athlete's mental focus before competitions.
Reason (R) : Chiropractors specialize in diagnosing and treating musculoskeletal injuries related to sports.

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56. **Assertion (A) :** A Sports Commentator is required to have deep knowledge of multiple sports.
Reason (R) : Sports Commentators provide real-time analysis, historical references, and technical insights during matches.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2004

(a) Both A and R are true, and R is the correct explanation of A.
A Sports Commentator must have extensive knowledge of multiple sports, game rules, team histories, and player statistics. They provide live analysis, explain strategies, and engage audiences with insightful commentary. Their expertise makes sports broadcasting informative and entertaining.

57. **Assertion (A) :** A Fitness Instructor is responsible for managing law enforcement physical training programs.
Reason (R) : Law enforcement officers undergo specialized fitness training designed for tactical performance.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is false, but R is true.
(d) A is true, but R is false.

Ans : MAIN 2005

(c) A is false, but R is true.
A Fitness Instructor typically works in gyms, fitness clubs and personal training settings. Law enforcement undergoes specialized physical training focused on strength, endurance, combat techniques and agility under tactical training professionals.

58. **Assertion (A) :** A Chiropractor primarily provides psychological support to injured athletes.
Reason (R) : Chiropractors specialize in diagnosing and treating musculoskeletal injuries.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is false, but R is true.
(d) A is true, but R is false.

Ans : COMP 2006

(c) A is false, but R is true.
A Chiropractor does not focus on psychological support, but rather diagnoses and treats sports-related muscle, bone, and joint injuries using spinal adjustments, rehabilitation techniques, and posture correction.

59. **Assertion (A) :** Occupational Therapists help individuals with physical disabilities adapt to daily tasks.
Reason (R) : They use specialized techniques and tools to enhance mobility and independence.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

Ans : SQP 2007

(a) Both A and R are true, and R is the correct explanation of A.
Occupational Therapists assist individuals with physical, mental, or emotional disabilities byte aching them daily skills, using assisting devices, and improving motor coordination. Their goal is to enhance independence and functional ability.

60. **Assertion (A) :** Pre-Competition Meals should be rich in fats for maximum energy.
Reason (R) : Athletes require a balance of carbohydrates, proteins, and hydration before a competition.
(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is false, but R is true.
(d) A is true, but R is false.

Ans : MAIN 2008

(c) A is false, but R is true.
A Pre-Competition Meal should be high in carbohydrates (for sustained energy), moderate in proteins (for muscle function), and low in fats (to prevent sluggishness). Hydration is also essential top re vent dehydration during performance.

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(a) Exercise Therapist
An Exercise Therapist focuses on designing rehabilitation programs for injured athletes, helping them regain strength, mobility and fitness.

17. What is a major responsibility of an Inspector of Physical Education?
(a) Designing fitness programs for gyms
(b) Conducting research in physical education
(c) Ensuring compliance with sports education standards
(d) Providing therapy for injured players

Ans : MAIN 2015

(c) Ensuring compliance with sports education standards
An Inspector of Physical Education ensures that schools, colleges, and government institutions adhere to proper physical education policies and standards.

18. Which of the following degrees can a student pursue after Class XII in Physical Education?
(a) B.P.E, B.P.ED, M.P.E, M.P.ED
(b) B.Com, B.Sc, B.A
(c) MBA, MBBS, B.Tech
(d) LLB, CA, CS

Ans : COMP 2016

(a) B.P.E, B.P.ED, M.P.E, M.P.ED
After Class XII, students interested in Physical Education can pursue B.P.E (Bachelor of Physical Education) or B.P.E.D (Bachelor of Physical Education - Professional Degree). Higher studies include M.P.E (Master of Physical Education), M.P.ED, M.Phil, PhD, and diploma courses, which specialize in sports training, coaching, and physical fitness education.

19. Which of the following career options is NOT available in Physical Education?
(a) Teaching Career
(b) Sports Administration and Management
(c) Space Research Scientist
(d) Media and Security Roles

Ans : SQP 2017

(c) Space Research Scientist
Physical Education careers focus on teaching, sports administration, media, security roles, and therapy. A Space Research Scientist is not a career related to Physical Education, as it requires expertise in astronomy, physics, and space technology.

20. What is the primary responsibility of a Physical Education Teacher at the school level?
(a) Teaching science subjects
(b) Coaching students in sports and organizing events
(c) Conducting laboratory experiments
(d) Developing business strategies

Ans : MAIN 2018

(b) Coaching students in sports and organizing events
A Physical Education Teacher is responsible forte aching health education and physical activities at the primary, middle, and senior school levels. Their duties also include coaching students in sports, organizing competitions, managing school facilities and attending parent-teacher meetings.

21. Who among the following works at colleges and universities to teach specialized Physical Education subjects?
(a) Sports Commentator
(b) Police Officer
(c) Assistant Professor, Associate Professor, and Professor
(d) Chiropractor

Ans : SQP 2019

(c) Assistant Professor, Associate Professor, and Professor
Professors in Physical Education work at colleges and universities, teaching advanced subjects in sports training, exercise science, and fitness management. Their roles vary based on their qualifications and academic experience.

22. Which professional ensures that physical education standards are maintained in government and private institutions?
(a) Inspector of Physical Education
(b) Exercise Therapist
(c) Occupational Therapist
(d) Sports Commentator

Ans : SQP 2021

(a) Inspector of Physical Education
An Inspector of Physical Education works in government and private institutions to monitor, evaluate, and maintain standards in Physical Education programs. They ensure that schools and colleges follow the required physical education guidelines.

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(a) I-1, II-2, III-3, IV-4
(b) I-3, II-1, III-4, IV-2
(c) I-2, II-4, III-1, IV-3
(d) I-4, II-3, III-2, IV-1

Ans : MAIN 2019

(a) I-1, II-2, III-3, IV-4
This table categorizes academic pathways in physical education. Undergraduate courses provide foundational education, while postgraduate programs develop advanced teaching and management skills. Research degrees offer specialized expertise, and diploma courses deliver practical certification and targeted training. Each option distinguishes different educational levels, guiding students in selecting appropriate academic pathways clearly.

65. Diverse Roles in Physical Education

Role		Responsibility Description	
(a)	Physical Education Teacher (School Levels)	1.	Provides foundational education in physical education.
(b)	Sports Officer/ Director of Physical Education	2.	Oversees sports programs and organizes competitions.
(c)	Sports Commentator	3.	Provides live commentary and analysis during sports events.
(d)	Occupational Therapist	4.	Helps individuals with disabilities improve daily functioning.

(a) I-1, II-2, III-3, IV-4
(b) I-3, II-1, III-4, IV-2
(c) I-2, II-4, III-1, IV-3
(d) I-4, II-3, III-2, IV-1

Ans : SQP 2021

(a) I-1, II-2, III-3, IV-4
This table integrates diverse roles in physical education with corresponding responsibilities. The teacher instructs and organizes school sports; the sports officer manages programs and competitions; the commentator delivers live sports analysis; and the occupational therapist supports improvements in daily functioning. Each pairing distinctly represents the career opportunities available in physical education.

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PICTURE BASED QUESTIONS

66. Look at the image of the Fitness Instructor guiding a person on a treadmill. What is the main role of a Fitness Instructor in a gym?

(a) Supervising fitness programs and helping clients achieve health goals
(b) Diagnosing injuries and providing medical treatment
(c) Managing sports events at a school
(d) Providing live commentary on sports matches

Ans : MAIN 2011

(a) Supervising fitness programs and helping clients achieve health goals
A Fitness Instructor plays a crucial role in guiding individuals toward better health and fitness by : Designing personalized exercise programs based on a client's fitness level and goals. Providing expert guidance on proper posture, workout intensity, and injury prevention.

67. Look at the image of the Physical Education Look at the image of the Sports Commentator in the press box. What is the primary role of a Sports Commentator?

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(iii) Developing and modifying physical education curricula to integrate the latest advancements in sports science and fitness education.
(iv) Monitoring students in career development by guiding them toward coaching, sports administration, and academic research roles.
(v) Supervising research projects for students pursuing M.Phil and Ph.D. degrees in Physical Education.
(vi) Publishing research papers, books, and journals to contribute to the global knowledge of sports science.

Their expertise helps shape future professionals in sports training, rehabilitation, and fitness management.

93. What is the role of a Sports Officer or Director of Physical Education and Sports?

Ans : COMP 2011

A Sports Officer is responsible for overseeing sports programs, athletic training, and physical education policies. Their duties include :
(i) Developing structured sports programs in educational institutions, ensuring a balance between academics and physical activity.
(ii) Organizing school, inter-college, and national-level sports competitions, encouraging mass participation and sportsmanship.
(iii) Supervising physical training and coaching sessions to enhance the athletic skills of students and faculty members.
(iv) Ensuring proper use and maintenance of sports infrastructure, including playing fields, gymnasiums, and training facilities.
(v) Monitoring the performance of sports coaches and physical education teachers to maintain high standards.
(vi) Collaborating with sports governing bodies and institutions to implement national policies in physical education.

A Sports Officer plays a key role in identifying young talent, promoting sports participation, and developing future athletes.

94. What are the key responsibilities of an Inspector of Physical Education?

Ans : MAIN 2012

An Inspector of Physical Education ensures that educational institutions meet sports education standards. Their role involves :
(i) Inspecting and evaluating the quality of physical education programs in schools, colleges, and universities.
(ii) Ensuring that institutions maintain appropriate sports infrastructure, including playgrounds, gymnasiums, and sports equipment.
(iii) Assessing the qualifications and performance of physical education teachers and sports coaches.
(iv) Recommending improvements and updates in physical education curricula to align with modern sports science.
(v) Supervising inter-school sports events and ensuring compliance with safety regulations.
(vi) Collaborating with government and private bodies to promote sports education at regional and national levels.

Their work guarantees consistency, efficiency, and fairness in the delivery of physical education programs.

95. What is the significance of a Sports Commentator in the field of sports?

Ans : SQP 2013

A Sports Commentator is responsible for engaging audiences through live sports coverage and expert analysis. Their contributions include :
(i) Providing real-time commentary on sports events, explaining rules, strategies, and game highlights.
(ii) Analyzing player performances, team formations, and tactical moves during matches.
(iii) Offering insights on historical sports trends, comparing current matches with past performances.
(iv) Interviewing athletes, coaches, and sports analysts to provide behind-the-scenes perspectives.
(v) Engaging audiences through television, radio, and digital streaming platforms, making sports more accessible to fans.
(vi) Covering international tournaments, league matches, and special sporting events, enhancing public interest in sports.

A Sports Commentator plays a crucial role in sports journalism, increasing audience engagement and awareness.

96. How does a Manager/Instructor in Health Clubs and Fitness Centers contribute to public fitness?

Ans : COMP 2014

A Health Club Manager is responsible for guiding

70. Look at the image of the Sports Officer organizing a track and field event. What is the main responsibility of a Sports Officer?

(a) Coaching students in academic subjects
(b) Organizing and managing sports programs and competitions
(c) Broadcasting live commentary on television
(d) Providing therapy to injured athletes

Ans : MAIN 2013

(b) Organizing and managing sports programs and competitions
A Sports Officer is responsible for coordinating and managing sports activities in educational institutions and sports organizations. Their duties include :
Planning and conducting athletic events, ensuring fair play and smooth operations (as seen in the image). Monitoring athletes' performance and ensuring proper training facilities. Using equipment like stopwatches, cones, and clipboards to track progress and maintain rules.

71. Look at the image of the Chiropractor treating an athlete. What is the primary role of a Chiropractor in Physical Education?

(a) Conducting sports commentary on TV
(b) Providing spinal adjustments and treating musculoskeletal issues
(c) Managing a sports team's schedule
(d) Organizing gym workouts for athletes

Ans : COMP 2014

(b) Providing spinal adjustments and treating musculoskeletal issues
A Chiropractor is a healthcare professional who specializes in diagnosing and treating sports-related musculoskeletal injuries. Their role includes :
Performing spinal adjustments and manual therapies to help athletes recover from pain and injuries (as seen in the image). Treating back pain, joint dysfunction, and posture-related problems. Using specialized medical knowledge to enhance sports performance and prevent injuries. Educating athletes on body mechanics and injury prevention techniques. Chiropractors play a crucial role in athlete rehabilitation and injury management.

72. Look at the image of the Exercise Therapist assisting a patient. What is the primary responsibility of an Exercise Therapist?

(a) Designing sports competition schedules
(b) Assisting patients in rehabilitation and restoring mobility
(c) Providing live analysis of athletic performances
(d) Teaching gym workouts to fitness enthusiasts

Ans : SQP 2015

(b) Assisting patients in rehabilitation and restoring mobility
An Exercise Therapist plays a crucial role in helping individuals recover from injuries and regain mobility. Their responsibilities include :
Guiding patients through rehabilitation exercises

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adjustments and therapy.
(iii) Advising on injury prevention and posture correction.

85. How does an Occupational Therapist help individuals with disabilities?

Ans : MAIN 2002

An Occupational Therapist aids individuals with physical, mental, or emotional disabilities. Responsibilities :
(i) Designing therapy to regain movement and strength.
(ii) Assisting in essential daily tasks.
(iii) Providing mental support and adaptive strategies.

THREE MARKS QUESTIONS

86. Prepare a list of career options available in the field of physical education.

Ans : COMP 2004

Physical education encompasses diverse career paths suited to individuals with various skills. The following are notable options :
(i) Athletic Coach : Focuses on training athletes to enhance their sports performance.
(ii) Sports Media Careers : Engages in reporting, photography, or broadcasting related to sports events.
(iii) Corporate Fitness Instructor : Works with employees to maintain physical fitness and wellness in corporate settings.
(iv) Rehabilitation Specialist/Physical Therapist : Provides therapy to recover from injuries and improve mobility.
(v) Sports Psychologist : Helps athletes manage stress, improve focus, and develop mental resilience during competitions.
(vi) Physical Education Teacher : Teaches physical education and arginases sports activities in schools and colleges.

87. Elucidate the coaching career in detail.

Ans : MAIN 2005

A coaching career revolves around training and monitoring athletes or teams to achieve their full potential in sports. Key aspects include :
(i) Responsibilities : A coach imparts skills, strategies game plans, and motivates players to perform better. They are also responsible for analyzing performance and identifying areas for improvement.
(ii) Qualifications : A coach typically needs at least a 12th grade education with a background in physical education or specialised training in coaching.
(iii) Skills Required :
  (a) Sport Expertise : Profound knowledge of the sport they are coaching.
  (b) Leadership Skills : Ability to inspire and lead the team with positivity and vision.
  (c) Communication Skills : Effective communication to guide players and boost morale.
  (d) Analytical Thinking : Capacity to devise strategies and improve team performance.
(iv) Opportunities : Coaches can work in schools, colleges, sports academies, or professional teams, making a significant impact on their athletes' development.

88. Write short notes on the following :
(i) Career in Sports Photography
(ii) Career in Sports Industry

Ans : COMP 2006

(i) Sports photography involves capturing crucial moments in sports events, such as action shots, celebrations, and critical plays. This career requires advanced photography skills, an understanding of sports dynamics, and the ability to work under pressure during fast-paced events. Sports photographers often work for magazines, newspapers, or online platforms.
(ii) The sports industry offers vast opportunities, including sports marketing, equipment manufacturing, event management, and facility management. Professionals in this field promote sports events, manage sponsorships, and develop or sell sports-related products. This career is vital for creating awareness, building revenue, and ensuring the success of sporting activities.

89. What are the different levels of education available in Physical Education?

Ans : MAIN 2008

Physical Education offers structured academic pathways for students :
(i) Undergraduate Courses :

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77. How does an Assistant Professor of Physical Education contribute to higher education?

Ans : MAIN 2020

An Assistant Professor teaches sports science, fitness training, and physical education methodologies. Contributions :

(i) Providing theoretical and practical knowledge to students.
(ii) Conducting research on sports performance and training techniques.
(iii) Monitoring students in fitness-related careers.

78. What are the responsibilities of a Sports Officer or Director of Physical Education and Sports?

Ans : SQP 2021

A Sports Officer manages sports programs in schools, colleges, and universities. Duties :

(i) Organizing sports events and competitions.
(ii) Ensuring proper coaching and training.
(iii) Supervising sports facilities and safety regulations.

79. Write any two important career options in Physical Education.

Ans : MAIN 2017

(i) Teaching Career and Coaching Career : This includes working as a physical education teacher or sports coach, where the primary roles involve teaching physical activities, coaching sports, and managing sports programs in schools or colleges.
(ii) Rehabilitation Specialist/Physical Therapist : These professionals provide therapeutic services to restore function, improve mobility, reduce pain, and prevent permanent disabilities in patients recovering from injuries or illnesses.
(iii) As a Yoga Instructor : A yoga instructor promotes physical and mental well-being through yogic techniques. This career is in demand due to the increasing awareness of yoga's benefits in reducing stress and improving health. Educating and practicing yoga requires expertise and experience.

80. What is the primary duty of an Inspector of Physical Education?

Ans : COMP 2022

An Inspector of Physical Education ensures institutions follow physical education standards. Responsibilities :

(i) Evaluating sports facilities and training programs.
(ii) Inspecting physical education staff and curriculum.
(iii) Enforcing government regulations in schools and colleges.

81. What is the role of a Sports Commentator?

Ans : MAIN 2023

A Sports Commentator provides live analysis and expert insights on sports events. Responsibilities :

(i) Describing game play, strategies, and key moments.
(ii) Analyzing player performance and team tactics.
(iii) Engaging audiences on TV, radio, and online platforms.

82. How does a Manager or Instructor in Health Clubs and Fitness Centers contribute to public health?

Ans : MAIN 2024

A Health Club Manager develops and supervises fitness programs. Contributions :

(i) Creating exercise routines for different fitness levels.
(ii) Guiding on weight management and nutrition.
(iii) Ensuring fitness equipment meets safety standards.

83. What is the significance of Physical Education knowledge in law enforcement and defense services?

Ans : SQP 2000

Physical Education is crucial in police, paramilitary, and defense training. Importance :

(i) Enhances endurance, agility, and tactical skills.
(ii) Provides training in self-defense and combat fitness.
(iii) Improves overall strength and injury prevention.

84. What are the primary duties of a Chiropractor in Physical Education?

Ans : COMP 2001

A Chiropractor treats sports-related musculoskeletal issues. Duties :

(i) Providing treatment for joint, muscle, and spinal injuries.
(ii) Helping athletes recover through spinal

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(a) Coaching athletes during matches
(b) Providing live analysis and expert insights on sports events
(c) Managing a team's training schedule
(d) Designing sports facilities

Ans : COMP 2010

(b) Providing live analysis and expert insights on sports events
A Sports Commentator is responsible for delivering real-time analysis, player statistics, and tactical breakdowns during live sports events. Their role includes :
Describing key moments in a match, including goals, fouls, and strategic plays. Engaging audiences by explaining rules and tactics of the game. Interviewing athletes and coaches for expert opinions. Working with sports media on TV, radio, and online platforms. As shown in the image, the commentator uses a headset and microphone while watching the game on a monitor, ensuring that viewers and listeners stay informed and entertained.

68. Teacher instructing students. What is the primary role of a Physical Education teacher?

(a) Teaching students about sports rules and techniques
(b) Conducting fitness training and health education sessions
(c) Organizing sports events and maintaining school sports facilities
(d) All of the above

Ans : SQP 2009

(d) All of the above
A Physical Education teacher is responsible for teaching physical fitness, sports, and health-related activities to students. Their key duties include :
Instructing students in stretching, warm-up routines, and exercise techniques (as shown in the image). Teaching sports rules, organizing competitions, and coaching students in different games. Managing school sports facilities and ensuring safety during physical activities. Through these activities, Physical Education teachers promote fitness, teamwork, and a healthy lifestyle among students.

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69. Look at the image of the Police Officer performing physical training. Why is Physical Education important for law enforcement officers?

(a) It improves endurance, strength and agility for demanding tasks
(b) It helps in learning sports commentary skills
(c) It trains officers in handling financial transactions
(d) It provides knowledge about gym management

Ans : SQP 2012

(a) It improves endurance, strength and agility for demanding tasks
Physical Education is crucial for Police Officers and law enforcement personnel because their duties require high levels of fitness, stamina, and agility. Training includes :
Running, weight lifting, and endurance-building exercises (as seen in the image).
Strength training to improve physical power for handling emergency situations.
Obstacle courses to enhance agility, coordination, and reaction time in high-risk environments.
Self-defense training to prepare officers for real-world security challenges.

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(a) B.P.E (Bachelor of Physical Education) : Focuses on sports training, coaching techniques, and fitness education.
(b) B.P.ED (Bachelor of Physical Education : Professional Degree) : Specializes in teaching methodologies and sports science.

(ii) Postgraduate Courses :
(a) M.P.E (Master of Physical Education) : Provides advanced knowledge in sports training and exercise physiology.
(b) M.P.ED (Master of Physical Education : Advanced Degree) : Prepares individuals for research and high-level coaching roles.

(iii) Research Degrees :
(a) M.Phil (Master of Philosophy in Physical Education) : Focuses on research in physical education and sports performance.
(b) Ph.D. (Doctor of Philosophy in Physical Education) : The highest qualification, leading to academic and research careers.

(iv) Diploma Courses : Various diplomas in sports coaching, fitness training, and physical education methodologies to enhance specialized skills.

These courses enable individuals to pursue careers in teaching, coaching, sports administration, fitness management, and research.

90. Enlist some of the career options in physical education.

Ans : SQP 2003

Physical education offers a wide range of career opportunities that cater to different interests and expertise. Some of these include :

(i) Athletic Coach : An athletic coach is responsible for organizing, training, and instructing individuals or teams in the fundamentals of sports, helping them enhance their performance.

(ii) Rehabilitation Specialist/Physical Therapist : They focus on restoring mobility, relieving pain, and preventing permanent disabilities caused by injuries. They play a vital role in post-injury recovery.

(iii) Sports Media Careers : This includes sports journalism, photography, and broadcasting. Professionals in this field report on sports events or document them visually.

(iv) Yoga Instructor : Yoga instructors promote physical and mental well-being by teaching yoga techniques that enhance flexibility, reduce stress, and improve overall fitness.

(v) Physical Education Lecturer : They teach students about physical education in schools, colleges, and universities, focusing on theoretical and practical aspects of the field.

(vi) Sports Management : Individuals in this field organise, plan, and manage sports events or facilities, ensuring smooth execution and success.

91. What are the responsibilities of a Physical Education Teacher?

Ans : COMP 2009

A Physical Education Teacher is responsible for shaping students' physical fitness, teamwork, and sportsmanship. Their key duties include :

(i) Teaching physical education and health activities to students at primary, middle, and senior school levels.

(ii) Coaching students in various sports such as athletics, team games, and individual fitness routines.

(iii) Organizing and supervising school sports competitions and extracurricular sports programs.

(iv) Managing sports facilities, ensuring that equipment is well-maintained, and implementing safety measures.

(v) Promoting fitness awareness and encouraging students to adopt healthy lifestyle choices.

(vi) Assessing student performance and providing feedback for physical skill improvement.

Through their role,Physical Education Teachers contribute to students' overall health, discipline, and social skills.

92. How does an Assistant Professor, Associate Professor, and Professor contribute to higher education in Physical Education?

Ans : SQP 2010

Professors in Physical Education work at colleges and universities, playing an essential role in academic instruction, research, and curriculum development. Their contributions include :

(i) Teaching specialized subjects such as exercise physiology, biomechanics, kinesiology, and sports psychology to undergraduate and postgraduate students.

(ii) Conducting research in sports science, studying fitness training methods, injury prevention, and athlete performance enhancement.

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to restore movement (as seen in the image). Using resistance bands and other therapy equipment to strengthen muscles and joints. Designing customized treatment plans based on an individual's injury and recovery needs. Providing education on injury prevention and proper movement techniques. Exercise Therapists work with athletes, post-surgery patients, and individuals with physical disabilities to improve mobility and overall function.

73. Look at the image of the Occupational Therapist helping a child. What is the main role of an Occupational Therapist?

(a) Assisting individuals in developing daily life skills and independence
(b) Coaching athletes in competitive sports
(c) Commenting on live sports events
(d) Managing fitness clubs and gyms

Ans : COMP 2016

(a) Assisting individuals in developing daily life skills and independence
An Occupational Therapist specializes in helping individuals with physical, mental, or developmental disabilities to improve their ability to perform daily tasks. Their responsibilities include :
Guiding individuals in using adaptive tools for everyday activities (as shown in the image). Teaching motor skills and hand-eye coordination techniques for better independence. Helping individuals with disabilities develop self-care and functional skills. Working with children, adults, and elderly individuals to improve their quality of life. Occupational Therapists enhance their patients' ability to live independently and participate fully in daily activities.

TWO MARKS QUESTIONS

74. Briefly explain the various career options in physical education.

Ans : SQP 2018

Physical education offers diverse career opportunities, including :
(i) Teaching physical activities and sports at various educational levels.
(ii) Coaching professional athletes or school teams.
(iii) Working as a physical therapist, aiding in recovery from injuries.
(iv) Becoming a yoga instructor to promote physical and mental wellness.
(v) Pursuing roles in sports management, administration, or commentary.
(vi) Serving in defense services or law enforcement, emphasizing physical fitness and training.
Here are the 10 two-mark questions with answers reduced by 10% in length while maintaining clarity and key details :

75. What are the undergraduate and postgraduate courses available in Physical Education?

Ans : SQP 2018

Courses include :
(i) Undergraduate : B.P.E (Bachelor of Physical Education) and B.P.E.D (Bachelor of Physical Education - Professional Degree).
(ii) Postgraduate : M.P.E (Master of Physical Education) and M.P.E.D (Master of Physical Education - Advanced Degree).
Higher studies include M.Phil, Ph.D., and diploma courses in specialized sports and fitness training.

76. What is the role of a Physical Education Teacher at the school level?

Ans : COMP 2019

A Physical Education Teacher instructs students in physical activities and health education. Responsibilities :
(i) Coaching sports and organizing school competitions.
(ii) Promoting physical fitness and healthy habits.
(iii) Managing sports facilities and ensuring safety.

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individuals toward better health and fitness. Their duties include :

(i) Creating and implementing exercise programs based on clients' fitness levels and goals.

(ii) Providing expert advice on nutrition, weight management, and physical rehabilitation techniques.

(iii) Supervising gym trainers, personal trainers, and wellness experts to ensure high-quality fitness services.

(iv) Monitoring and maintaining gym equipment, ensuring safe and effective use.

(v) Organizing fitness challenges and wellness programs to motivate clients and improve community health awareness.

(vi) Educating members about the benefits of regular exercise, helping prevent lifestyle-related diseases.

Their role helps individuals maintain a balanced and healthy lifestyle, reducing the risks of obesity, heart disease, and metabolic disorders.

CASE BASED QUESTION

97. Rohan has just completed his Class XII exams and has a deep passion for sports and fitness. He wants to pursue a career in Physical Education but is unsure about the various academic options available to him. His goal is to become a school Physical Education teacher, where he can coach students in different sports and promote an active lifestyle. However, he is also interested in exploring higher education opportunities in this field.

(i) What are the degree options available for students after Class XII in Physical Education?

(ii) Which specific degree should Rohan choose if he wants to become a school-level Physical Education teacher and what qualifications are required for this role?

Ans : MAIN 2015

(i) Students can pursue the following degrees in Physical Education after completing Class XII :

(a) B.P.E (Bachelor of Physical Education) : A 3-year undergraduate course focusing on Physical Education and Sports Science.

(b) B.P.ED (Bachelor of Physical Education) : A 2-year professional degree that prepares students for careers as Physical Education teachers and coaches.

(c) Diploma in Physical Education (D.P.ED) : A short-term course for students who want to start working early in the field of sports and fitness.

(ii) (a) Rohan should pursue a B.P.E.D (Bachelor of Physical Education) degree, which qualifies him to teach at school levels.

(b) After completing B.P.E.D, he may also clear CTET or state-level teacher eligibility tests for government school teaching positions.

(c) He can later pursue M.P.E.D (Master of Physical Education) for career advancement.

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98. Arjun, a retired professional cricketer, is keen on staying connected with the world of sports even after his playing career has ended. He has excellent communication skills, a deep understanding of game strategies, and a strong ability to analyze sports performances. He is considering a career in sports media, where he can provide expert insights and live commentary on sports events.

(i) What career role in media and sports broadcasting would best suit Arjun's experience?

(ii) What are the key responsibilities of a Sports Commentator in the field of Physical Education, and how does this role contribute to the sports industry?

Ans : MAIN 2019

(i) Arjun should consider becoming a Sports Commentator, where he can analyze live matches and provide expert opinions on player performances.

(ii) (a) Provide live commentary and expert analysis during sports events.

(b) Offer in-depth insights into strategies, player performances and game techniques.

(c) Help educate audiences on the nuances of different sports.

99. A prestigious university is expanding its Physical Education department and is looking to hire faculty members who can teach specialized subjects such as biomechanics, sports psychology, and kinesiology. The university wants candidates who have advanced academic qualifications and research experience in Physical Education.

(i) What are the academic qualifications required to become a professor in Physical Education at a university level?
(ii) What are the main duties and responsibilities of a Physical Education professor in higher education institutions?

Ans : COMP 2021

(i) (a) M.P.ED (Master of Physical Education) : Required for teaching at higher education institutions.
(b) M.PHIL or Ph.D. in Physical Education : Essential for research and advanced teaching roles.
(c) UGC-NET qualification : Required for assistant professor positions in India.
(ii) (a) Teach specialized Physical Education subjects.
(b) Conduct research in sports science and biomechanics.
(c) Guide students in fitness training and coaching methodologies.
(d) Publish academic papers and contribute to Physical Education research.

100. Sneha, an experienced sports trainer, has always been interested in working at a higher administrative level in the field of sports. She enjoys planning events, managing sports facilities, and organizing competitions. She is now considering pursuing a career in sports administration and management, where she can make decisions about physical education programs at educational institutions and sports organizations.
(i) What career options are available in Sports Administration and Management for Sneha?
(ii) What are the primary responsibilities of a Sports Officer or Director of Physical Education in a university or sports academy?

Ans : COMP 2017

(i) (a) Sports Officer / Director of Physical Education : Manages sports programs at colleges and universities.
(b) Inspector of Physical Education : Ensures that sports education standards are met in institutions.
(c) Health Club and Fitness Center Manager : Oversees fitness programs and manages health clubs.
(ii) (a) Develop and implements ports training programs.
(b) Organize athletic events and competitions.
(c) Ensure proper sports infrastructure and equipment.
(d) Promotes ports education and physical fitness among students.

101. A school principal is in the process of hiring a new Physical Education teacher for middle and senior school students. The school is looking for a candidate who can coach students in multiple sports, organize athletic events, develop health education programs, and encourage an active lifestyle among students. The candidate should also be able to mentor students who wish to pursue professional sports careers.
(i) What are the key responsibilities of a Physical Education teacher at the school level?
(ii) What qualifications and skills should a candidate possess to become a successful Physical Education teacher?

Ans : MAIN 2000

(i) (a) Teach sports skills and fitness activities.
(b) Organize annual sports meets and competitions.
(c) Develop health and nutrition awareness programs.
(d) Provide career guidance for aspiring athletes.
(ii) (a) B.P.ED or M.P.ED degree.
(b) Strong coaching skills in multiple sports.
(c) Excellent communication and motivational abilities.
(d) Knowledge of sports science and injury prevention.

102. Vikram, a certified fitness trainer, is passionate about helping people achieve their health and fitness goals. He wants to work in a fitness center or health club, where he can guide individuals in personalized exercise routines, monitor their progress, and provide dietary recommendations. However, he is also interested in managing and operating his own fitness facility in the future.
(i) Which career path in Physical Education is best suited for Vikram if he wants to work as a fitness instructor and later transition into a managerial role?
(ii) What are the responsibilities of a Health Club Manager or Fitness Instructor, and how do they contribute to promoting a healthy lifestyle?

Ans : SQP 2023

(i) (a) Vikram can start as a Fitness Trainer at a gym or health club.

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(b) With experience, he can become a Health Club Manager or open his own fitness center.

(ii) (a) Develop exercise programs for individuals.
(b) Monitor clients' fitness progress and provide guidance.
(c) Ensure proper maintenance of gym equipment.
(d) Promote healthy habits through workshops and training.

103. Priya has always dreamed of serving her country by joining the police force. She has a strong background in Physical Education and understands the importance of physical fitness in law enforcement. Priya wants to use her knowledge and expertise to train for the demanding physical fitness tests required for police and paramilitary roles.

(i) How does a background in Physical Education benefit individuals pursuing careers in law enforcement?

(ii) What are the physical fitness requirements for Police and Paramilitary Officers, and how can Priya prepare for them?

Ans : COMP 2002

(i) A background in Physical Education benefits law enforcement officers in the following ways
(a) Enhances strength, endurance, and flexibility, which are crucial for police training.
(b) Improves reaction time and agility, helping in high-pressure situations.
(c) Provides knowledge of injury prevention and recovery techniques.
(d) Helps ins tress management and mental resilience.

(ii) (a) Running and Sprinting : 100 m and 1600 m runs for endurance.
(b) Push-ups and Pull-ups : Build upper body strength.
(c) Long Jump and High Jump : Test agility and coordination.
(d) Obstacle Course Training : Develops quick decision-making and movement.

Priya should train with cardio workouts, strength training, and functional exercises to meet the fitness standards.

104. Aman, a college graduate with a degree in Physical Education, is preparing to join the Indian Defense Services. He believes that his training in physical fitness, endurance, and sports science will help him succeed in the rigorous selection process. He is particularly interested in a role where he can contribute to training defense personnel and maintaining their physical fitness.

(i) How is Physical Education relevant in the Indian Defense Services, and how does it benefit military personnel?

(ii) What type of physical and endurance training do officers undergo in defense services that align with Physical Education principles?

Ans : SQP 2004

(i) (a) Physical Education ensures high fitness levels required for military training.
(b) It helps soldiers maintain agility, endurance, and combat readiness.
(c) Knowledge of injury management and rehabilitation is useful in field training.
(d) Military personnel engage in structured workout programs similar to sports training.

(ii) (a) Obstacle courses for agility and quick reflexes.
(b) Ruck marches to improve stamina and endurance.
(c) Strength training to develop muscle power.
(d) Tactical drills simulating combat situations.

105. A recent Physical Education graduate is interested in specializing in rehabilitation and therapeutic roles. He wants to work with injured athletes and individuals recovering from mobility issues, helping them regain strength and function through structured physical therapy programs.

(i) What career options in Physical Education focus on therapy and rehabilitation?

(ii) What are the responsibilities of an Exercise Therapist and how do they assist individuals in recovering from injuries?

Ans : MAIN 2006

(i) (a) Exercise Therapist : Designs recovery workouts for patients.
(b) Sports Physiotherapist : Works with athletes to heal from injuries.
(c) Rehabilitation Specialist : Helps people regain movement after surgery or accidents.

(ii) (a) Assess physical limitations and injuries.
(b) Develop customized exercise programs for recovery.

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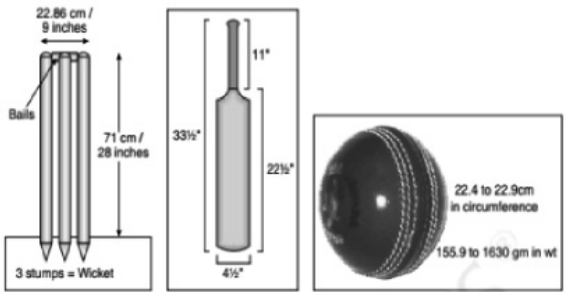

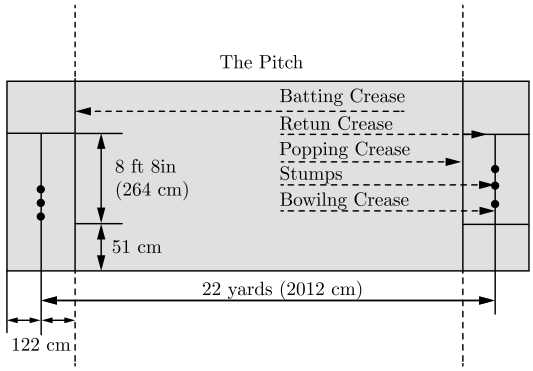

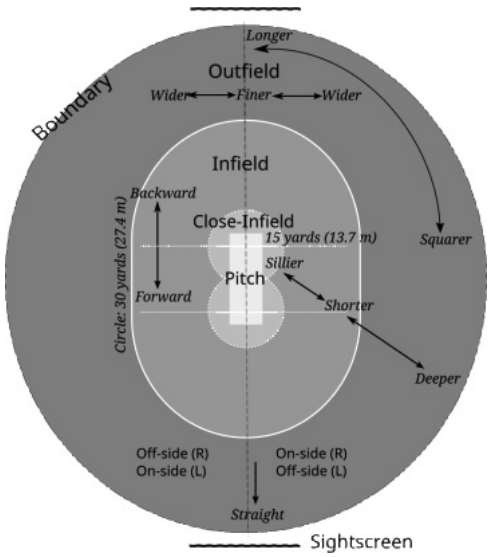

Cricket Ground

12. DUTIES OF MATCH REFEREE

(i) The match referee oversees the game by observing it from outside the field.
(ii) They do not participate in decisions regarding the result of the game.
(iii) The referee has the authority to impose fines on players and teams, which can include monetary penalties and suspensions.

13. DUTIES OF ON-FIELD UMPIRE

1. The on-field umpire positions themselves in a location where they can clearly observe the match.
2. They switch ends after each team completes one over.
3. The umpire ensures that cricket rules are adhered to during the game and that all equipment is used correctly.
4. They verify that playing conditions, such as the pitch, ground and lighting, meet the required standards.
5. Regular inspections of the ball are conducted by the umpire.
6. The on-field umpire consults with the other umpire or the third umpire if there are any doubts.
7. If uncertainty persists, the decision is usually given in favor of the batsman.
8. The decision made by the umpire is final.

14. DUTIES OF THIRD UMPIRE

(i) Monitor the match on television using replay features to provide decisions when consulted by on-field umpires.
(ii) Display a red light signal when the batsman is out and a green light signal when not out.
(iii) Check for no-balls, such as bowler overstepping or crossing the line.

15. DUTIES OF SCORERS

(i) Maintain records for each team, ensuring accurate match details.
(ii) Track and confirm Umpire signals for each play.
(iii) Keep records of match statistics, including the number of overs, runs scored and dismissals.

16. DUTIES OF COACH

(i) Submit a written list of players to the umpire before the toss.
(ii) Ensure the game is played in accordance with rules and regulations.

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(i) Which career role in Physical Education focuses on rehabilitative exercises and what skills are required for this profession?
(ii) How does an Exercise Therapist differ from a general fitness trainer in terms of responsibilities and expertise?

Ans : SQP 2016

(i) Exercise Therapist : Specializes in movement therapy and injury recovery.
(ii) (a) Exercise Therapists focus on recovery and rehabilitation.
(b) Fitness Trainers focus on improving athletic performance and strength.

111. A startup gym is hiring professionals to design personalized fitness plans and provide expert advice on injury prevention, strength training, and nutrition. The gym wants to offer high-quality fitness coaching tailored to individual needs.
(i) What career options in Physical Education are suitable for professionals working in the fitness industry?
(ii) How does working as a Fitness Instructor or Manager contribute to promoting a healthier lifestyle in society?

Ans : MAIN 2023

(i) (a) Fitness Instructor
(b) Health Club Manager
(c) Personal Trainer
(ii) (a) Encourages regular exercise and fitness habits.
(b) Helps prevent lifestyle diseases like obesity and diabetes.
(c) Provides expert guidance on nutrition and workouts.

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(c) Improve mobility and flexibility in patients.
(d) Educate patients on injury prevention techniques.

106. A well-established rehabilitation center is hiring professionals to assist patients with physical, mental, and emotional disabilities. The center is looking for candidates who have expertise in movement therapy and can help individuals develop strength, coordination, and independence in their daily activities.
(i) Which career role in Physical Education would be most suitable for this position?
(ii) How does an Occupational Therapist help individuals with disabilities and what skills are required for this profession?

Ans : MAIN 2009

(i) Teaches patients movement exercises to improve mobility.
(ii) Helps individuals regain independence in daily activities.
(iii) Develops therapy plans based on patient needs.
(iv) Requires patience, strong observation skills, and knowledge of therapy techniques.

107. A sports injury clinic is looking for a specialist who can diagnose and treat musculoskeletal problems, particularly those related to sports injuries. The clinic needs professionals who can provide non-surgical treatments and focus on pain relief and rehabilitation.
(i) What career role in Physical Education focuses on treating musculoskeletal injuries, and how does it benefit athletes?
(ii) What are the primary responsibilities of a Chiropractor in sports therapy, and how do they differ from those of an Exercise Therapist?

Ans : SQP 2010

(i) Chiropractor : Diagnoses and treats sports injuries related to muscles, nerves, and bones.
(ii) (a) Chiropractors performspinal adjustments and joint manipulations.
(b) Focus on nerve function and alignment for pain relief.
(c) Exercise Therapists use stretching and mobility exercises for rehabilitation.

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108. Ravi, a fitness enthusiast, is interested in working as an Inspector of Physical Education in a government organization. He wants to ensure that schools and colleges follow proper guidelines for sports programs, maintain safety standards, and promote active lifestyles among students.
(i) What are the responsibilities of an Inspector of Physical Education in both government and private institutions?
(ii) How does an Inspector contribute to maintaining quality and effectiveness in Physical Education programs?

Ans : MAIN 2013

(i) (a) Ensures ports education standards are maintained.
(b) Conduct inspections of sports facilities.
(c) Develop physical activity programs for schools and colleges.
(d) Provide guidelines for fitness and safety.
(ii) (a) Evaluates sports curriculum in schools.
(b) Ensures qualified instructors are teaching.
(c) Promotes health awareness campaigns.

109. A leading sports university is introducing advanced research programs in Physical Education, including M.Phil and Ph.D. degrees. The university is looking for students and scholars who want to contribute to academic research and innovation in sports science.
(i) What are the higher education options available after completing a Master's in Physical Education?
(ii) How do M.Phil and Ph.D. programs contribute to the advancement of Physical Education as a scientific discipline?

Ans : COMP 2014

(i) (a) M.PHIL in Physical Education : Focuses on research and theory.
(b) Ph.D. in Physical Education : Advanced research in sports science.
(ii) (a) Encourages ports science innovation.
(b) Develop new training and fitness methodologies.
(c) Improve injury prevention techniques.

110. A sports academy is looking for professionals who can create customized rehabilitation programs for injured athletes. The academy wants experts who can provide specialized training for injury recovery, posture correction, and strengthening exercises.

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stumps and dislodges the bails; being caught, where the ball is caught directly from the bat before touching the ground; run out, where the fielding team dislodges the stumps while the batsman is running; and leg before wicket (LBW), where the ball strikes the batsman's leg in line with the stumps without a shot being attempted. This detailed arrangement provides a comprehensive understanding of cricket, covering its governance, gameplay, strategies, scoring and dismissals.

7. DISMISSAL METHODS IN CRICKET

1. Caught : The ball is caught by a fielder or wicket keeper without bouncing after hitting the bat.
2. LBW (Leg Before Wicket) : The batsman is dismissed if the ball would have hit the stumps but is stopped by their leg or another body part.
3. Run-Out : Occurs when a fielder throws the ball to the stumps and dislodges the bails while the batsman is outside their crease attempting a run.
4. Stumped : The wicket keeper dismisses the batsman by hitting the stumps with the ball when the batsman steps out of the crease.
5. Hit-Wicket : The batsman is dismissed if they hit the stumps with their bat, clothes, or body while attempting a shot or a run.
6. Double-Hit : The batsman is out if they hit the ball twice intentionally except to protect the stumps.
7. Handling the Ball : The batsman uses their hand to prevent the ball from hitting the stumps.
8. Obstructing the Field : The batsman is dismissed for intentionally obstructing a fielder's attempt to retrieve the ball.
9. Time-Out : If the next batsman does not take their position within three minutes of the dismissal of the previous batsman.

7.1 Key Rules on Dismissals

(i) A batsman cannot be out as bowled, caught, LBW, stumped, or hit-wicket on a no-ball.
(ii) Only one batsman can be dismissed per delivery.

8. INNINGS IN CRICKET

(i) Definition : The collective batting or bowling effort of a team.
(ii) Completion of Innings
  (a) All 10 batsmen are out.
  (b) Only one player remains, and the others are injured or retired.
  (c) Maximum overs for the innings have been bowled.
  (d) The team reaches the winning score.
(iii) Follow-On Rule : In test matches, if the team batting first leads by over 200 runs, they can ask the other team to continue batting immediately after their first innings.

9. MATCH RESULTS

(i) Winning Team : Achieves the required target score.
(ii) Losing Team : Declared "all-out" or fails to reach the target.

10. VICTORY DECLARATION

(i) "By : runs" if the first batting team wins by defending their score.
(ii) "By : wickets" if the second batting team wins with wickets in hand.

11. IMPORTANT DIMENSIONS AND DETAILS

(i) Team Composition : 11 players per team + 5 substitutes.
  (a) Umpires : Two on-field and one third umpire.
  (b) Scorers : Two in each match.
(ii) Bat Dimensions
  (a) Length : 38 inches.
  (b) Width : 4.25 inches.
  (c) Weight : 2.5-3 lbs.
(iii) Ball Dimensions
  (a) Colour : Red (day matches), White (night matches).
  (b) Circumference : 8-9 inches.
(iv) Ground Details
  (a) Pitch : 22 yards.
  (b) Crease Length : 4 feet 4 inches.
  (c) Boundary Radius : Above 68.58 meters (270 feet).
  (d) Stump Height : 28 inches.
  (e) Distance Between Stumps : 22 yards.
(v) Match Types : Test matches (5 days), ODIs (50 overs), T20s (20 overs).

This detailed arrangement provides a structured understanding of dismissal methods, innings, results and essential cricket dimensions.

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CHAPTER 9

CRICKET

SUMMARY

1. HISTORY OF CRICKET

1. Reference in Wisden : The game of cricket was first mentioned in the renowned cricket reference book, Wisden, in 1900 A.D.
2. Origin of the Term 'Cricket' : The word 'cricket' was initially used in the Bible of cricket.
3. Early Matches : Teams from London and Kent played the first known cricket matches.
4. Cricket in Universities : Cambridge and Oxford Universities began playing cricket in 1710 and 1729, respectively.
5. Formation of Clubs : The Hambledon Club and Marylebone Cricket Club (MCC) of England were established in 1760 and 1787, respectively.
6. Lord's Cricket Ground : Lord's, the iconic cricket ground, hosted its first cricket match on June 27, 1788.
7. First Test Match : The first official cricket test match was held in 1877 between Australia and England, with Australia emerging victorious.
8. Imperial Cricket Conference : In 1909, the Imperial Cricket Conference was formed in England, granting cricket international recognition.

2. INTERNATIONAL CRICKET CONFERENCE (ICC)

The International Cricket Conference (ICC) was initially formed with England, Australia, and South Africa as members. In 1926, India, West Indies, and New Zealand joined the ICC. Pakistan became a member in 1952. In 1956, the name was officially changed to the International Cricket Conference. Today, the ICC has 12 full members and 92 associate members.

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3. GAMEPLAY

Cricket is played between two teams of 11 players each. During the game, two players bat at a time while the other 11 players field and bowl to dismiss the batsmen. The captain plays a key role in managing the team and deciding whether to bat or field first after a coin toss. The game has three primary formats Test Cricket, which lasts for five days with two innings per team; One-Day Internationals (ODIs), which consist of 50 overs per team; and T20 matches, which are limited to 20 overs per team.

4. STRATEGIES AND TACTICS

The strategy of the game often starts with the captain considering the pitch conditions and deciding whether to bat or field first. The pitch may vary from being dry and dusty, which aids spinners, to being moist, which benefits pace bowlers. Other factors influencing strategy include weather conditions, time of play and the condition of the ball.

The captain selects bowlers based on the state of the ball and game situation. Batting order is arranged to maximize scoring potential, with adjustments made during the game for strategic advantage. Bowlers alternate after each over, and tactical decisions such as field placements and bowling styles are employed to outsmart the batsmen.

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5. SCORING AND EXTRAS

Runs are scored when the batsmen exchange ends. A boundary hit with the ball touching the ground scores 4 runs, while a sixer is awarded when the ball crosses the boundary without touching the ground. Extras include no-balls, wides, byes and leg-byes, which add to the team's total score.

6. DISMISSAL METHODS

The primary methods of dismissing a batsman include being bowled, where the ball hits the

(iii) Motivate players to perform at their best.
(iv) Provide guidance to improve player techniques and skills.
(v) Monitor the health and fitness of the players.

17. GAME SKILLS

17.1 Batting

(i) Drive : A forceful shot hit along the line of the ball. Variants include on-drive, cover drive, and straight drive.
(ii) Glance : A light touch of the ball toward the slip area. It can be an off-glance or leg-glance.
(iii) Square Cut : A shot where the ball is hit horizontally toward the Gully area.

17.2 Bowling

(i) Swing : A bowling technique where the ball moves in the air away from or toward the batsman.
  (a) Out Swing : Ball swings away from the batsman.
  (b) In Swing : Ball swings toward the batsman.
(ii) Yorker : A delivery aimed at the batsman's toes or the block hole.
(iii) Full Toss : A ball delivered without bouncing, reaching the batsman below waist height.

17.3 Fielding

(i) Close Catching : Ability to take quick reaction catches with precision.
(ii) Catching in Outfield : Outfielders catch high hits, requiring strong throws to return the ball quickly.
(iii) Long Barrier : A technique used to stop the ball when fielding on uneven surfaces.
(iv) Throwing : Accurate and powerful throwing is essential for effective fielding.

17.4 Wicket Keeping

(i) The position varies depending on the type of batsman (right- or left-handed) and bowler (pace or spin).
(ii) The wicket-keeper must stay focused on the ball from the bowler's delivery to the batsman's stroke.
(iii) Ensure readiness to prevent runs or stump the batsman when necessary.

18. TERMINOLOGY

1. Century : A score of 100 or more by a batsman.
2. Sweep : A shot played on the leg-side by sweeping the bat.
3. Ball Tampering/Gouging : Illegally altering the ball's condition.
4. Body line : A bowling technique aimed aggressively at the batsman's body.
5. Bump Ball : A shot that appears as a catch but hits the ground before reaching the fielder.
6. Dead Ball : A situation where no runs are scored or play is halted.
7. Dot-ball : A delivery on which no runs are scored.

19. TERMINOLOGY

1. Extra Run : A run not attributed to an individual player but added to the team's total, awarded due to byes, leg-byes, no-balls, or wide deliveries.
2. No Ball : A delivery bowled that does not conform to cricket rules.
3. Bouncer : A short-pitched ball that bounces high, above the batsman's head height.
4. Sight Screen : A large screen at the boundary to provide a clear view of the bowler's delivery to the batsman.
5. Beamer : An illegal delivery that reaches the batsman around head height without bouncing.
6. Short Pitch : A delivery that bounces close to the bowler and rises sharply.
7. Leg Cutter : A fast or medium-paced delivery that moves from leg to off-side.
8. Seam Bowling : A style where the raised seam of the ball causes deviation after bouncing on the pitch.
9. Innings Defeat : When one team's total score in both innings is less than the opposition's first innings total, leading to a loss by an innings and runs.
10. Danger Area : A marked central pitch area, two feet wide, starting five feet from each popping crease.
11. Power Play : A limited set of overs in One Day Internationals offering an advantage to the batting side.
12. Declaration : The captain voluntarily ends their team's innings to enforce a result.

20. SKILLS

1. Maiden Over : An over in which no runs are scored.
2. Over : Six consecutive legal deliveries bowled

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(i) Observes the game from outside the field.
(ii) Imposes fines and suspensions for player misconduct.

17. What is the distance between the two stumps in a cricket pitch?

Ans : SQP 2002

The distance between the two sets of stumps is 22 yards (20.12 meters).

18. Which two clubs were established in England that contributed significantly to the development of cricket?

Ans : MAIN 2013

(i) Hambledon Club (1760).
(ii) Marylebone Cricket Club (MCC) (1787).

19. What do you understand by the term 'follow on'?

Ans : COMP 2021

Follow On The option given to the team that bats first to enforce the opposition to bat again if the latter's first innings score falls short by a stipulated margin.

20. State the restrictions on the role of a substitute.

Ans : SQP 2000

Restrictions on a Substitute A substitute can only field and cannot bowl, bat, or act as a wicket keeper or captain.

21. What do you mean by ball tampering?

Ans : MAIN 2005

Ball Tampering An illegal alteration of the ball's condition by applying substances, scratching, or picking the seam to affect its behavior.

22. Explain the role of the Third Umpire in a match.

Ans : SQP 2020

Third Umpire Monitors replays and makes decisions for close calls, such as run outs, stumping, or boundary checks, when referred by the on field umpires.

23. State any two conditions due to which a pitch may be changed.

Ans : SQP 2013

Conditions for changing a pitch
(i) When the pitch becomes poor for playing.
(ii) When the pitch becomes uneven.

24. Mention the length of the cricket pitch.

Ans : COMP 2011

The length of the cricket pitch is 22 yards (66 feet).

25. What will be the umpire's decision in the following cases
(i) If the ball becomes unfit for play during the course of the game.
(ii) If a batsman touches the ball with his hands.

Ans : MAIN 2009

(i) If the ball is unfit, the umpire replaces it with a similar ball.
(ii) If a batsman touches the ball with his hands, he can be declared out.

26. Identify the colour of the cricket ball used in test and one-day matches. What is the reason behind using coloured balls?

Ans : SQP 2019

In test matches, a red ball is used because it contrasts with the white clothing of players. In one-day matches, a white ball is used for better visibility, especially under floodlights.

27. When is a follow-on implemented during the course of a test match?

Ans : COMP 2015

A follow on is implemented when the team batting first leads by 200 or more runs in a five day match or 150 or more runs in a three day match.

28. What is the umpire's decision in the following cases
(i) When a batsman obstructs a fielder trying to catch a ball.
(ii) When a batsman hits a ball intentionally twice in succession.

Ans : SQP 2001

(i) If a batsman obstructs a fielder attempting a catch, the umpire declares him out.
(ii) If the batsman hits the ball intentionally twice to prevent it from rolling into the stumps, the umpire does not declare him out. In other cases, the batsman is declared out.

29. List any four protective equipment used in a game of cricket.

Ans : COMP 2015

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Ans : MAIN 2020

This is called "Obstructing the Field." If a batsman intentionally blocks a fielder's attempt to retrieve the ball, they can be given out.

5. A batsman gets out on the very first ball they face without scoring any runs. What is this type of dismissal called?

Ans : SQP 2022

This is called a "Golden Duck." It refers to a batter getting out for zero runs on the first ball they face.

6. A fielding team repeatedly appeals to the umpire for a dismissal, even when the batter is clearly not out. What is this excessive appealing called in cricket?

Ans : COMP 2007

This is called "Excessive Appealing." It is considered unsportsmanlike behavior, and the fielding team may be warned or penalized.

7. A bowler delivers a ball outside the batsman's leg stump that is deemed too difficult to hit, and it is not played by the batsman. What is this called in cricket?

Ans : MAIN 2003

This is called a "Wide Ball." It results in an extra run being awarded to the batting team.

8. During a match, a fielder throws the ball at the stumps while attempting a run-out, but the ball misses and goes beyond the boundary. How many extra runs are awarded to the batting team?

Ans : SQP 2004

The batting team is awarded 4 extra runs along with the runs already taken, as per the overthrow rule.

9. A batsman intentionally deflects the ball with their hands instead of using the bat or their body while batting. What is this mode of dismissal called?

Ans : COMP 2009

This is called "Handling the Ball." The batsman can be given out if they deliberately use their hand to stop the ball.

10. A lower-order batsman is sent in to bat before the end of the day's play to protect a top-order batter from facing difficult conditions. What is this strategy called?

Ans : COMP 2002

This is called "Night Watchman." It is used in Test cricket to safeguard key batters from challenging conditions at the end of the day.

11. Which two prestigious universities in England started playing cricket in the early 18th century, and in which years did they begin?

Ans : MAIN 2017

(i) Cambridge University started playing cricket in 1710.
(ii) Oxford University started playing cricket in 1729.

12. What was the original name of the International Cricket Council (ICC) when it was first formed in 1909?

Ans : SQP 2013

It was originally called the Imperial Cricket Conference (ICC).

13. What is the Follow-On Rule in Test Cricket?

Ans : COMP 2011

If the team batting first leads by 200 or more runs, they can ask the opposing team to bat again immediately instead of playing their second innings.

14. What is the role of the third umpire in a cricket match?

Ans : SQP 2014

The third umpire uses TV replays to assist in making decisions for run-outs, stumping, LBW reviews, and boundary checks when on-field umpires refer the decision.

15. Name any two dismissal methods in cricket where the batsman is given out without the ball touching the bat.

Ans : COMP 2008

(i) LBW (Leg Before Wicket) : Ball hits the pad and would have hit the stumps.
(ii) Run-Out : A fielder breaks the stumps before the batsman reaches the crease.

16. What are the two key duties of a match referee in cricket?

Ans : MAIN 2006

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by one bowler.

3. Appeal : A loud request by fielders asking the umpire to rule a batsman out.
4. Upper Cut : A shot against a short-pitched ball aimed at the third-man area.
5. Pull Shot : A shot played towards the leg side off a short-pitched delivery.
6. Off Cutter : A delivery from a fast bowler that moves into the batsman after pitching.
7. Hook Shot : A shot played against a short ball, hitting it above the shoulder level.
8. Late Cut : A shot hit towards the third man after the ball passes the batsman.
9. Flick Shot : A gentle wrist movement guiding the ball on the leg side.
10. Straight Drive : A powerful shot hit along or slightly off the line of the pitch.
11. Reverse Sweep : A sweep shot played as if by a left-handed batsman for a right-hander.
12. Golden Duck : Dismissal for zero runs on the first ball faced.
13. Dead Rubber : A match in a series where the result does not affect the overall outcome.
14. Full-Length Delivery : A ball pitched closer to the batsman, between a good length and a half-volley.
15. Reverse Swing : A bowling technique causing the ball to swing opposite to conventional swing due to wear and seam orientation.
16. Overthrow : Additional runs scored due to a fielder's errant throw.
17. Night Watchman : A lower-order batsman sent to protect key batsmen at the day's end.

21. GOVERNING BODIES

1. International Cricket Council (ICC)
   (i) The global governing body for cricket.
   (ii) Comprises 12 full members and 93 associate members.
   (iii) Responsible for organizing and governing major international cricket tournaments.
2. Board of Control for Cricket in India (BCCI)
   (i) The national governing body for cricket in India.
   (ii) Recognized as the richest cricket board in the world.
   (iii) Oversees the organization and governance of major national cricket tournaments in India.

22. TOURNAMENTS

1. National Tournaments in India
   (i) Ranji Trophy
   (ii) Duleep Trophy
   (iii) Vijay Hazare Trophy
   (iv) Deodhar Trophy
   (v) Irani Trophy
   (vi) Indian Premier League (IPL)
2. International Tournaments
   (i) ICC Cricket World Cup
   (ii) ICC Champions Trophy
   (iii) ICC World T20
   (iv) World Cricket League

This structure clearly differentiates governing bodies and categorizes the cricket tournaments at national and international levels for better understanding.

TWO MARK QUESTIONS

1. During a cricket match, a bowler intentionally delivers a fast, full-length ball at the batter's toes, making it difficult to play. What is this type of delivery called in cricket?

Ans : MAIN 2024

This delivery is called a "Yorker." It is a challenging ball to play as it lands near the batter's feet, making it difficult to hit.

2. A batsman plays a shot that appears to be caught by a fielder, but the ball actually bounced just before reaching the fielder. What is this situation called in cricket?

Ans : SQP 2021

This is called a "Bump Ball." It happens when the ball hits the ground immediately after the batter's shot but appears to be a direct catch.

3. A bowler delivers a ball that reaches the batter at head height without bouncing on the pitch. This delivery is considered dangerous and illegal. What is this type of delivery called?

Ans : MAIN 2023

This is called a "Beamer." It is an illegal delivery in cricket because it can cause serious injury to the batter.

4. During a cricket match, a fielder deliberately distracts or obstructs the batsman while they are running between the wickets. What is this act called in cricket?

NODIA

Protective equipment : Helmet, gloves, thigh pads, chest guard.

30. State the full form of ICC and BCCI.

Ans : SQP 2011

(i) ICC : International Cricket Council
(ii) BCCI : Board of Control for Cricket in India

31. Explain the term sweep shot.

Ans : COMP 2014

Sweep shot : A horizontal bat shot where the batsman sweeps the ball to the leg side.

32. State the difference between a dot ball and a dead ball.

Ans : MAIN 2000

(i) Dot Ball : A delivery where no runs are scored by the batsman. It contributes to the bowler's economy rate and builds pressure on the batting team.
(ii) Dead Ball : A delivery where play is stopped for a specific reason, such as when the ball crosses the boundary line, the batsman is declared out, or the umpire halts play for safety or technical reasons.

33. Weight and circumference of the cricket ball

Ans : COMP 2010

The weight of the cricket ball is 156 g to 163 g, and the circumference is 2 (ii) 4 cm to 2 (iv) 9 cm.

34. Length and widest part of a cricket bat

Ans : SQP 2015

The weight of the cricket ball is 156 g to 163 g, and the circumference is 2 (ii) 4 cm to 2 (iv) 9 cm.

35. Height and breadth of cricket stumps

Ans : MAIN 2017

The height of the stumps is 7 (i) 3 cm, and their breadth is 2 (ii) 8 cm.

36. Mention any four fielding positions on the on side of the field.

Ans : MAIN 2010

Fielding positions (on side) Gully, mid-on, cover, point.

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THREE MARKS QUESTIONS

37. What is the importance of the '30yard circle' in a cricket match?

Ans : MAIN 2024

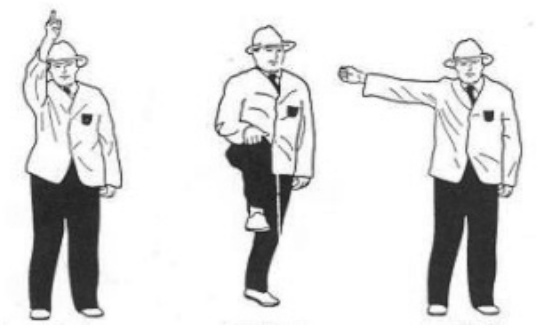
The '30 yard circle' is a painted oval, created by drawing a semicircle with a radius of 30 yards (27.4 meters) from the center of each wicket and connecting them with parallel lines. This circle divides the field into an infield and outfield and is used in one day and Tu matches to impose fielding restrictions.

38. What is a Declaration in cricket?

Ans : SQP 2021

A declaration in cricket occurs when the captain of a batting team voluntarily declares the innings closed before all players are dismissed. This strategic decision is usually made to optimize time or the match situation. Forfeiture is when a captain forfeits an innings without batting. These are governed by Law 15 of the Laws of Cricket.

39. Identify the following umpire signals and explain their meanings.



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Ans : MAIN 2023

(i) Out : One arm raised straight above the head.
(ii) Leg Bye : Umpire raises one knee and taps that knee with a hand.
(iii) No Ball : One arm held out horizontally.

40. What are the three primary formats of cricket, and how many overs are played in each format?

Ans : MAIN 2016

(i) Test Cricket : 5 days (unlimited overs, two innings per team).
(ii) One-Day Internationals (ODIs) : 50 overs per

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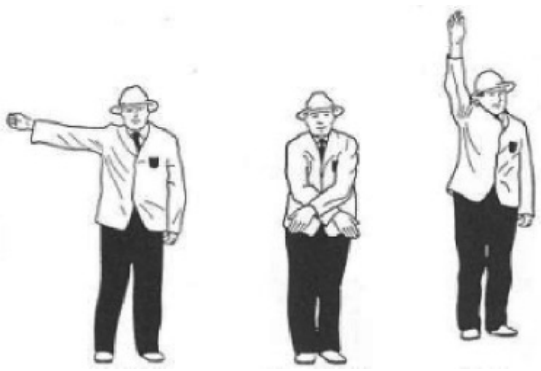
team.
(iii) T 20 Cricket : 20 overs per team.

41. What are the three types of swing bowling in cricket?

Ans : COMP 2017

(i) Out-Swing : The ball moves away from the batsman.
(ii) In-Swing : The ball moves towards the batsman.
(iii) Reverse Swing : The ball swings opposite to conventional swing due to wear and tear.

42. Identify the following umpire signals and explain their meanings.



Ans : SQP 2022

(i) No Ball : One arm held out horizontally.
(ii) Dead Ball : The umpire crosses and uncrosses their wrists below their waist to signal that the ball is no longer in play.
(iii) Bye : The umpire raises one open hand above their head to signal that runs have been scored without the batsman hitting the ball.

43. Write any three strokes played by the batsman between the wicket keeper and leg umpire.

Ans : COMP 2001

Three strokes played by the batsman between the wicket keeper and leg umpire are
(i) Leg Glance
(ii) Sweep
(iii) Pull Shot

44. Write any three instances when a ball becomes dead.

Ans : SQP 2010

A ball is considered as dead in the following cases
(i) When the batsman is declared out.
(ii) If the ball, with or without bounce, crosses the boundary line.
(iii) When the umpire confirms that the batsman is not ready to play and has not made any attempt to play the ball.

45. What procedure will be followed by the umpire when the ball is unfit for play?

Ans : MAIN 2020

If the ball is unfit for play, the following procedure is followed
(i) The umpires replace the damaged ball with one that is of similar condition (nearly the same number of overs old).
(ii) The captains have no say in this matter.
(iii) The umpires explain the reason for the change and only replace the ball if they are satisfied with the justification.

46. Write any five ways of getting the batsman out for which the bowler gets credit.

Ans : SQP 2010

Five ways of dismissing the batsman that credit the bowler are
(i) Bowled
(ii) Caught
(iii) LBW (Leg Before Wicket)
(iv) Stumped
(v) Hit Wicket

47. Write down any four protective equipment worn by the batsman.

Ans : MAIN 2020

Four protective equipment worn by the batsman are
(i) Helmet
(ii) Gloves
(iii) Chest Guard
(iv) Thigh Pads

48. State any three duties of the Main Umpire in a cricket match.

Ans : SQP 2019

Three duties of the Main Umpire in a cricket match are
(i) Ensuring the match is conducted in a fair and impartial manner.
(ii) Ensuring that the ground is fit to play or continue the match.
(iii) Passing judgments on decisions, such as whether a batsman is out or not.

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49. What is meant by 'extra runs'? Give two examples of extra runs.

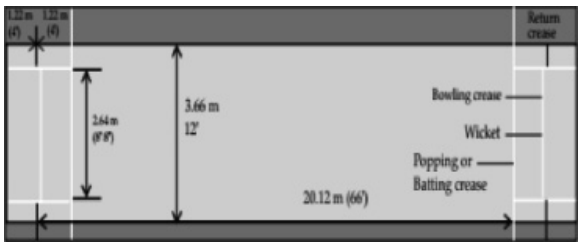
Ans : COMP 2015

Extra runs refer to runs that are added to the team's score but not to the individual batsman's tally. Examples include
(i) Noball
(ii) Bye

50. Draw a diagram of a Cricket Pitch and mark the following
(i) The Bowling Crease
(ii) The Popping Crease
(iii) The Return Crease

Ans : SQP 2017

Return crease



51. List any three Protective Equipment used by the batsman.

Ans : COMP 2019

Three protective equipment used by the batsman are
(i) Helmet
(ii) Gloves
(iii) Leg Pads
(Note Diagram for part (ii) can be referenced from the cricket pitch diagram provided.)

52. Write any three fielding positions of "offside".

Ans : MAIN 2021

Three fielding positions on the offside are
(i) Mid off
(ii) Cover
(iii) Extra Cover

53. Explain the term 'full toss' in Cricket.

Ans : SQP 2007

A 'full toss' is a delivery in which the ball reaches the batsman without bouncing or touching the ground even once.

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54. What is the rule of following in a five day test match?

Ans : COMP 2021

The following rule in a five day test match states that if the team batting first gains a lead of 200 runs or more, they can ask the opposition to continue with their second innings immediately after their first innings.

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55. State any three ways by which runs are scored.

Ans : MAIN 2015

Three ways by which runs can be scored are
(i) By completing a manual run where batsmen exchange ends and cross the crease.
(ii) By hitting a boundary, which adds four runs to the score.
(iii) By hitting a six, where the ball crosses the boundary line without touching the ground, adding six runs.

56. Write down any three fielding positions on the on side in cricket.

Ans : COMP 2003

Three fielding positions on the on side are
(i) Mid on
(ii) Square leg
(iii) Fine leg

57. Explain the term overthrow.

Ans : MAIN 2015

An overthrow occurs when a fielder throws the ball back to the fielders at the pitch, but the ball does not get collected and crosses the pitch area. The runs scored by the batsman on an overthrow are added to the team's total.

58. Enumerate any three duties of a Leg Umpire.

Ans : SQP 2010

Three duties of a leg umpire are
(i) Taking a position from where the match can be easily observed.
(ii) Regularly inspecting the ball to ensure compliance with the rules.
(iii) Consulting the other umpire or the third umpire in case of any uncertainty and, if required, giving decisions in favor of the batsman in case of doubt.

59. Under which condition can an umpire declare bad light?

CASE BASED QUESTION

100. Amit is a young cricketer selected for his school's team. However, he is unsure about the essential equipment he must carry for his safety and performance. Suggest any four important pieces of cricket equipment he should take for the match.

Ans : MAIN 2024

Amit should carry the following essential cricket equipment
(i) Bat : A proper cricket bat suited to his playing style.
(ii) Helmet : To protect his head from fast deliveries.
(iii) Pads (Leg Guards) : To safeguard his legs from fast bowling.
(iv) Gloves : To protect his hands and improve grip while batting.

101. Ravi is the captain of his team in a T20 match. He wins the toss and must decide whether to bat or field first. The pitch has cracks and is expected to become more difficult for batting as the match progresses. What should he choose and why?

Ans : SQP 2021

Ravi should bat first because
(i) The pitch will deteriorate over time, making batting harder in the second innings.
(ii) Setting a target in a T20 match puts pressure on the opposition.
(iii) His batsmen can take advantage of the better early batting conditions.

102. During a match, the fielding team appeals for an LBW decision, but the on-field umpire is unsure. He refers it to the third umpire. What is the role of the third umpire in such situations?

Ans : MAIN 2023

The third umpire
(i) Reviews video replays to check if the ball hit the batsman's leg in line with the stumps.
(ii) Uses ball-tracking technology to determine if the ball would have hit the stumps.
(iii) Communicates the final decision to the on-field umpire, who signals the outcome.

103. Cricket is played in three main formats Test Cricket, ODIs, and T20s. If a player excels in playing long innings and has good defensive technique, which format would suit him the best and why?

Ans : COMP 2022

Test Cricket would suit him best because
(i) It requires patience, endurance, and strong defensive skills.
(ii) The format allows batsmen to build long innings without scoring pressure.
(iii) He can use his ability to play for extended periods effectively.

104. In a One-Day match, a batsman hits the ball and runs between the wickets but also gets extra runs due to a misfiled. How will the total runs be counted?

Ans : MAIN 2007

The total runs will include
(i) Runs taken by running between the wickets.
(ii) Extra runs due to the misfiled (called overthrows).
(iii) The final score will be the sum of both.
Example If the batsmen run 2 runs and the fielder's misthrow allows 2 additional runs, the total runs awarded will be 4.

105. A cricket team is playing on a damp pitch after overnight rain. How should the captain adjust his team's bowling strategy?

Ans : SQP 2020

The captain should
(i) Use fast bowlers as the damp pitch will help seam movement and swing.
(ii) Keep fielders in attacking positions to take advantage of possible edges.
(iii) Avoid spinners initially, as the wet surface may reduce ball grip and turn.

106. In a cricket match, a batsman tries to play a shot but accidentally knocks off his own stumps with the bat while attempting a stroke. What is this mode of dismissal called?

Ans : SQP 2003

This is called Hit-Wicket, and the batsman is given out as per the cricket laws.

107. During a match, the captain notices that his fast bowler is struggling to take wickets, and the opposition batsmen are playing comfortably. What tactical changes can he make?

Ans : COMP 2004

The captain can

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(ii) The ball crosses the boundary line, whether with or without a bounce.
(iii) The umpire confirms that the batsman is not ready to play or has not attempted to play.

71. Mention three situations when a team's innings is said to be complete.

Ans : SQP 2017

(i) When all overs allotted to the team are bowled.
(ii) When all players of the batting team are dismissed.
(iii) When the team batting second surpasses the runs scored by the team batting first.

72. What is meant by the term 'bad light'?

Ans : MAIN 2011

'Bad light' refers to poor visibility due to insufficient natural or artificial lighting, making it unsafe for players to continue the match. Umpires use light meters to judge if the light is suitable for play, and they may suspend the game if conditions are deemed unsafe.

73. What is the importance of the thirty yard circle?

Ans : COMP 2010

The thirty yard circle is crucial during power plays as it limits the number of fielders allowed outside this boundary. During power play overs, only two fielders are permitted to remain beyond the thirty yard circle, ensuring more opportunities for scoring and encouraging aggressive batting.

74. Enumerate three duties of a leg umpire.

Ans : MAIN 2000

(i) The leg umpire monitors play from behind the stumps at the bowler's end.
(ii) They inspect the ball's condition during the game and ensure fair play.
(iii) The leg umpire assists in decisions related to close calls and consults the main umpire in case of doubt.

75. Explain the term bump ball.

Ans : SQP 2016

A bump ball refers to a cricket shot where the ball, after being struck by the bat, bounces so close to the batsman that it seems to have gone directly to a fielder without touching the ground. This illusion often leads to confusion about whether the ball was caught cleanly.

76. Mention three instances when the bowler does not get credit for wickets being taken.

Ans : COMP 2013

(i) Run outs : If the batsman is run out while taking a run, the bowler does not receive credit for the wicket.
(ii) Obstructing the field : If a batsman intentionally obstructs a fielder, it is considered a dismissal, but the bowler is not credited.
(iii) Timed out : If the next batsman fails to arrive at the crease within the stipulated time, the bowler is not credited for the dismissal.

EIGHT MARKS QUESTIONS

77. Discuss the role and responsibilities of the International Cricket Council (ICC) in the governance of cricket worldwide.

Ans : MAIN 2024

The International Cricket Council (ICC) is the global governing body of cricket, responsible for organizing and overseeing the sport's rules and regulations. The primary roles and responsibilities of the ICC include

(i) Regulation of the Game : The ICC establishes and maintains the rules of cricket, ensuring uniformity in its implementation across all member countries.
(ii) Organizing International Tournaments : It manages global cricket tournaments such as the ICC Cricket World Cup, ICC World T20, and Champions Trophy, providing a platform for international competition.
(iii) Membership Management : The ICC comprises 12 full members and 93 associate members. It monitors their adherence to the rules and provides funding and development support.
(iv) Promoting Cricket : The ICC works to expand cricket's popularity and reach by encouraging participation in associate member nations and organizing initiatives to foster interest in the sport.
(v) Code of Conduct and Anti-Corruption : It ensures fair play by implementing the ICC Code of Conduct and Anti-Corruption measures, protecting the integrity of the game and penalizing violations.

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Ans : MAIN 2018

Bad light can be declared by the umpires if they determine that the visibility is too poor for the game to continue safely. Light meters are used to assess the light levels. A batsman can also appeal to the umpires if they feel that it is unsafe to proceed with the match.

60. What is meant by obstructing the field?

Ans : COMP 2013

Obstructing the field occurs when a batsman deliberately stands in a way that prevents the fielder from collecting the ball or completing a run out.

61. What is meant by the term LBW?

Ans : MAIN 2010

LBW stands for Leg Before Wicket. A batsman can be declared out LBW if the ball hits any part of the body (except the bat) before touching the wickets, provided certain conditions in the Laws of Cricket are met.

62. Write any three duties of the umpire.

Ans : SQP 2004

(i) To ensure that the match is conducted fairly and impartially.
(ii) To verify the suitability of the ground for play.
(iii) To judge and declare when a batsman is out.

63. List any three protective equipment used by the batsman.

Ans : COMP 2015

(i) Helmet
(ii) Gloves
(iii) Chest guard

64. Write down any three fielding positions on the on side.

Ans : SQP 2019

(i) Midon
(ii) Square leg
(iii) Fine leg

65. What is the importance of the 30 yard circle in the game of cricket?

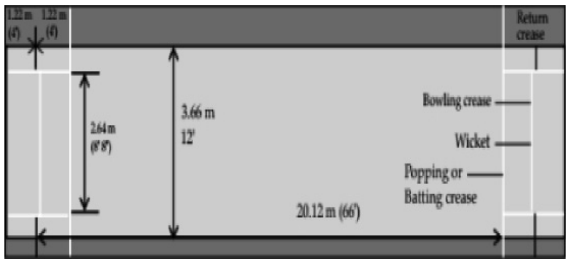
Ans : COMP 2009

The 30 yard circle demarcates the field into an infield and outfield. It is particularly relevant in limited overs cricket, as it governs fielding restrictions to ensure fair play.

66. Draw a diagram of a cricket pitch and mark the following
(i) The bowling crease
(ii) The popping crease
(iii) The return crease

Ans : MAIN 2016

Diagram of a cricket pitch required to show the marked areas



67. What do you mean by ball tampering?

Ans : COMP 2017

Ball tampering : Ball tampering refers to the illegal practice of altering the condition of the cricket ball by using substances, scratching, or other methods to gain an unfair advantage while bowling.

68. What do you mean by the term substitute?

Ans : MAIN 2002

Substitute : A substitute is a player who replaces another on the fielding side due to injury or other reasons. A substitute can perform fielding duties but is not allowed to bat, bowl, or keep wickets.

69. When is a ball deemed 'lost' during play? What procedures are then adopted in case the ball is declared 'lost'?

Ans : SQP 2019

A ball is considered 'lost' if it cannot be found or recovered by any player of the fielding side during the match. In such a situation, the fielding team replaces the lost ball with a similar one, and the match resumes.

70. State three instances when a ball is considered a 'dead ball'.

Ans : MAIN 2021

(i) The batsman is declared out.

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(iv) Clean Bowled : Refers to a situation where the batsman misses the delivery, and the ball directly hits and dislodges the stumps.

82. State any four instances when the ball is considered a 'dead ball.'

Ans : SQP 2004

The ball is considered dead in the following cases
(i) When the batsman is declared out.
(ii) If the ball, with or without a bounce, crosses the boundary line.
(iii) When the umpire confirms that the batsman is not ready to play.
(iv) If no attempt is made to play the ball.

83. Explain the following terms in Cricket
(i) A bouncer
(ii) A yorker
(iii) A duck
(iv) A century

Ans : MAIN 2018

(i) A Bouncer : A short-pitched delivery aimed to rise above the batsman's chest or head.
(ii) A Yorker : A delivery aimed to pitch close to the batsman's feet near the crease.
(iii) A Duck : Refers to a score of zero by a batsman.
(iv) A Century : A score of 100 runs or more by a batsman in a single innings.

84. Explain the following terms in Cricket
(i) Intentional disturbance
(ii) Timed-out
(iii) A stance
(iv) A maiden over

Ans : COMP 2002

(i) Intentional Disturbance : When a batsman uses his hand to stop the ball from hitting the stumps or obstructs the fielder.
(ii) Timed-out : When the next batsman fails to arrive at the crease within three minutes of the previous dismissal.
(iii) A Stance : Refers to the batsman's position to face the bowler.
(iv) Maiden Over : An over in which no runs are scored.

85. What is the difference between a bye and a leg bye in cricket?

Ans : MAIN 2015

Bye : A bye is when the batsman does not hit the ball, but the team still scores runs due to the ball bypassing the wicket keeper.
Leg Bye : A leg bye occurs when the ball touches the batsman's body (not the bat) and runs are scored as the ball goes to the field.

86. Answer the following
(i) The length of the bat
(ii) The weight of the ball
(iii) The size of the bails
(iv) The height of the stumps

Ans : MAIN 2018

(i) The Length of the Bat : 38 inches.
(ii) The Weight of the Ball : 155.9 to 163 grams.
(iii) The Size of the Bails : 4.31 inches (10.95 cm).
(iv) The Height of the Stumps : 28 inches (71.12 cm).

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87. Explain the following
(i) A dot ball
(ii) A runner
(iii) An appeal
(iv) A wide ball

Ans : MAIN 2017

(i) A Dot Ball : A delivery on which no runs are scored by the batting team.
(ii) A Runner : A substitute who runs for a batsman who is injured or unable to run after hitting the ball.
(iii) An Appeal : A formal request by the fielding side to the umpire asking whether the batsman is out.
(iv) A Wide Ball : A delivery bowled outside the wide line and deemed difficult for the batsman to reach.

88. Explain the following terms
(i) Clean bowled
(ii) Hit wicket
(iii) Handling the ball
(iv) Run out

Ans : SQP 2013

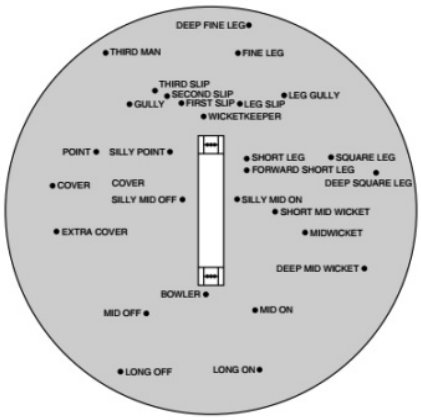
(i) Clean Bowled : A situation when the batsman misses the delivery, and the ball directly strikes and disturbs the stumps.
(ii) Hit Wicket : A scenario in which the batsman unintentionally hits the stumps with his bat or body while attempting a shot or taking the first run.
(iii) Handling the Ball : Occurs when the batsman touches the ball with his hands without the

Through its efforts, the ICC plays a critical role in the growth, promotion, and governance of cricket worldwide.

78. Draw a labelled diagram of a cricket pitch and indicate six fielding positions on the offside of the field.

Ans : COMP 2022

The cricket pitch is a rectangular area of 22 yards (20.12 meters) in length and 10 feet (3.05 meters) in width, marked with creases such as the bowling crease, popping crease, and return crease. The offside fielding positions include
(i) Point
(ii) Cover
(iii) Extra Cover
(iv) Gully
(v) Third Man
(vi) Deep Point



These positions are strategically used for field placements during a match to restrict runs or take catches on the offside.

79. Explain the following terms in Cricket
(i) An over
(ii) A wide ball
(iii) An appeal
(iv) A toss

Ans : MAIN 2019

(i) An Over : It consists of six deliveries bowled consecutively by the same bowler.
(ii) A Wide Ball : A delivery bowled outside the wide line, making it difficult for the batsman to play. The batting team gets an additional run as a penalty.
(iii) An Appeal : A query made by fielders to the umpire to confirm whether a batsman is out.
(iv) A Toss : A coin is tossed between captains of both teams before the match to decide which team bats or bowls first.

80. Explain the following cricket terms in detail
(i) Substitute
(ii) Declaration
(iii) No Ball
(iv) Follow-On

Ans : SQP 2021

(i) **Substitute :** A substitute is a player who temporarily replaces another player on the fielding side due to injury or other valid reasons. The substitute can perform basic fielding duties but is not allowed to bat, bowl, or act as a wicket keeper.
(ii) **Declaration :** Declaration refers to the act of a captain voluntarily ending their team's innings before all players are out. This is done to give the opposition a chance to bat and create an opportunity to win the game, often in a test match. The decision is based on strategic calculations to prevent a draw.
(iii) **No Ball :** A no ball is a delivery that does not comply with the laws of cricket. It can occur due to reasons such as overstepping the crease, delivering the ball above waist height, or bowling an illegal action. A no ball results in an extra run for the batting side and an additional delivery in the over.
(iv) **Follow-On :** Follow-on is a situation in a test match where the team batting second is forced to bat again immediately after their first innings if they trail the first team's score by more than 200 runs.

81. Explain the following terms in Cricket
(i) Straight drive
(ii) Double-hit
(iii) Catch out
(iv) Clean bowled

Ans : COMP 2007

(i) Straight Drive : A batting technique where the batsman plays the ball with full strength in the direction of the non-striker's end. This shot is usually played on full-length deliveries.
(ii) Double-hit : Occurs when the batsman hits the ball twice, first to prevent it from rolling into the wicket. However, the second strike cannot score runs.
(iii) Catch Out : Happens when a fielder catches the ball after it touches the bat and before it hits the ground.

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(ii) A boundary for six : When the batsman hits the ball over the boundary line without it touching the ground, awarding six runs.
(iii) A yorker : A bowling delivery that lands very close to the batsman's feet, making it difficult to hit.
(iv) Popping crease : A line 6 feet away from the stumps, marking the area where a batsman must reach to be safe from being run out.

95. Explain the following terms
(i) A sight screen
(ii) How's that?
(iii) A googly
(iv) A China-man

Ans : COMP 2008

(i) Sight Screen : A large screen placed beyond the boundary line to provide a clear backdrop for the batsman and bowler, preventing distractions caused by spectators.
(ii) How's That? : An appeal by the fielding team to the umpire to confirm whether the batsman is out.
(iii) A Googly : A deceptive ball bowled by a leg spinner that turns in the opposite direction, surprising the batsman.
(iv) A China-man : A left-arm bowler's delivery that turns from off-side to leg-side in a clockwise direction.

96. Briefly explain the following terms
(i) A bouncer
(ii) The third umpire
(iii) Scorers
(iv) A hat-trick

Ans : COMP 2000

(i) A bouncer : A fast delivery pitched short, rising sharply above the batsman's chest or head.
(ii) The third umpire : An umpire with access to video replays to assist in making decisions.
(iii) Scorers : Officials who maintain records of runs, wickets, and balls bowled during a match.
(iv) A hat-trick : When a bowler takes three wickets in three consecutive deliveries.

97. Briefly explain the following terms
(i) An LBW
(ii) A hit wicket
(iii) A run out
(iv) A stump out

Ans : SQP 2002

(i) LBW (Leg Before Wicket) : A situation where the ball is going to hit the stumps but is stopped by the batsman's leg or any body part, leading to dismissal.
(ii) Hit wicket : Occurs when a batsman accidentally hits the stumps with his bat, body, or clothing while playing a shot or taking a run.
(iii) Run out : A dismissal when the batsman fails to reach the popping crease before the fielder throws the ball to the wicket.
(iv) Stump out : Happens when the batsman steps out of the popping crease and misses the ball, allowing the wicket keeper to hit the stumps.

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98. Explain the following terms in cricket
(i) Hitting the ball twice
(ii) A runner
(iii) The toss
(iv) The danger area

Ans : MAIN 2014

(i) Hitting the ball twice : When a batsman intentionally strikes the ball twice to prevent it from hitting the stumps.
(ii) Runner : A player who runs for an injured batsman who cannot run after hitting the ball.
(iii) The toss : The pre-match coin toss that determines which team bats or bowls first.
(iv) Danger area : A specific area on the pitch that bowlers must avoid stepping on to prevent damage.

99. Briefly explain the following terms
(i) A wide ball
(ii) A duck
(iii) An appeal
(iv) No ball

Ans : SQP 2008

(i) Wide ball : A delivery outside the batsman's reach, adding one extra run to the batting team's score.
(ii) Duck : A term for a batsman who gets out without scoring any run.
(iii) Appeal : A query made by fielders to the umpire, asking for a decision on a dismissal.
(iv) No ball : A delivery where the bowler oversteps the crease or bowls above waist height.

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permission of the fielding team or returns it to the bowler unnecessarily.

(iv) Run Out : Happens when a fielder throws the ball toward the stumps, dislodging the bails, while the batsman is outside the crease attempting a run.

89. Explain the following
(i) Body line Bowling
(ii) Declaration
(iii) Power Play
(iv) Straight Drive

Ans : COMP 2011

(i) Body line Bowling : A style of bowling where the ball is aimed at or very close to the batsman's body to create difficulty or intimidate.

(ii) Declaration : When the captain voluntarily ends his team's innings, confident that the current score is sufficient to win the match.

(iii) Power Play : A feature in limited-overs cricket, restricting the number of fielders allowed outside the 30-yard circle. For example, in ODIs, the first 10 overs allow only two fielders outside, while 11–40 overs permit a maximum of four.

(iv) Straight Drive : A classic batting technique where the batsman hits the ball straight down the ground, typically on full-length deliveries.

90. Write down any four off-side fielding positions in cricket.

Ans : SQP 2015

Four Off-Side Fielding Positions
(i) Slip
(ii) Point
(iii) Cover
(iv) Third Man

91. What are the signals for the following?
(i) Short Run
(ii) Power Play
(iii) Bye
(iv) Free Hit

Ans : MAIN 2017

Signals

(i) Short Run : The umpire taps his shoulder with fingers of the same hand.

(ii) Power Play : The umpire moves his arms in a circular motion over his head.

(iii) Bye : The umpire raises his arm straight above his head.

(iv) Free Hit : The umpire raises one arm and rotates it in a circular motion.

92. Explain the following terms
(i) Timed out
(ii) Catch out
(iii) Intentional disturbance
(iv) Double hit

Ans : MAIN 2016

(i) Timed Out : Occurs when the next batsman takes more than three minutes to arrive at the crease after the fall of a wicket.

(ii) Catch Out : A situation where the batsman is dismissed as the fielder catches the ball before it touches the ground.

(iii) Intentional Disturbance : Refers to a player causing deliberate interference on the field, either on the ground or from outside, disrupting the game.

(iv) Double Hit : When the batsman intentionally hits the ball twice using his bat to stop it from rolling into the stumps, though not to score additional runs.

93. The following terms
(i) A stance
(ii) A full toss
(iii) A run-up
(iv) A full sweep shot

Ans : MAIN 2006

(i) A stance : The position adopted by the batsman to face the delivery from the bowler.

(ii) A full toss : A delivery where the ball reaches the batsman without touching or bouncing on the ground.

(iii) A run-up : The number of steps taken by the bowler to gain momentum before delivering the ball.

(iv) A full sweep shot : A shot in which the batsman hits the ball horizontally, directing it from the off-side to the square leg area.

94. Explain the following
(i) An overthrow
(ii) A boundary for six
(iii) A yorker
(iv) Popping crease

Ans : MAIN 2015

(i) An overthrow : When a fielder throws the ball and it goes beyond the intended target, allowing the batsman to score additional runs.

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(i) Introduce a spin bowler to break the rhythm of the batsmen.
(ii) Change the field placement to create more catching opportunities.
(iii) Ask the bowler to try different lengths and variations like slower balls or yorkers.

108. In a T20 match, the opposition needs 10 runs from the final over with two wickets in hand. What type of deliveries should the bowler focus on to restrict runs and take wickets?

Ans : MAIN 2009

(i) Yorkers : To limit scoring opportunities.
(ii) Slower Balls : To deceive the batsmen.
(iii) Wide Outside Off-Stump Deliveries : To reduce easy hitting chances.
(iv) Field Placements : Keeping fielders near the boundary to stop fours and sixes.

109. The International Cricket Council (ICC) governs world cricket. What are three important responsibilities of the ICC?

Ans : SQP 2002

(i) Organizing international tournaments like the Cricket World Cup and T20 World Cup.
(ii) Setting and enforcing cricket rules to maintain fair play.
(iii) Regulating player conduct and disciplinary actions to ensure the spirit of the game.

110. During a crucial Test match, Rohan, a top-order batsman, is facing a skilled spinner. The bowler delivers a ball that pitches outside off-stump and turns sharply. Rohan attempts a defensive shot but misses, and the ball hits his pad. The fielding team appeals loudly for LBW (Leg Before Wicket), but the on-field umpire signals not out. The captain of the fielding team is unsure and decides to use the Decision Review System (DRS) to challenge the umpire's decision. The third umpire is now reviewing the appeal using technology.
What factors will the third umpire check to determine whether Rohan is out or not?

Ans : MAIN 2013

(i) Ultra Edge (Snickometer) : To check if the ball made contact with the bat before hitting the pad. If there is a spike on Ultra Edge, the decision remains not out.
(ii) Ball-Tracking Technology : This will analyze three key aspects
   (a) Pitching : The ball must pitch in line or outside off-stump, provided no shot was offered.
   (b) Impact : If the ball hits the pad outside the line of off-stump while playing a shot, the batsman is not out.
   (c) Wickets Hitting : If the ball is projected to hit the stumps, the batsman is given out unless it falls under "Umpire's Call."
(iii) Umpire's Call : If less than 50% of the ball is hitting the stumps, the original decision remains unchanged.

111. During the final over of a T20 World Cup match, Team B needs 2 runs off 1 ball to win. The batsman hits the ball towards mid-off and attempts a quick single. The fielder sprints forward, picks up the ball cleanly, and throws it directly at the stumps. The on-field umpire refers the decision to the third umpire for a review.
Both teams wait anxiously as the replay is played on the big screen, and the final decision is pending. What factors will the third umpire check before giving the final verdict?

Ans : COMP 2016

(i) Frame-by-frame replay to determine the exact moment when the bails were dislodged.
(ii) Batsman's position : The umpire will check whether the bat or any part of the batsman's body was inside the crease before the bails were completely removed.
(iii) Slow-motion footage : To ensure the fielder's throw broke the stumps before the batsman completed the run.
(iv) Decision Outcome
   (a) If the batsman's bat or foot is on the wrong side of the crease when the stumps are broken, he is out.
   (b) If the batsman has crossed the line safely, he is not out, and Team B wins the match.

112. In a five-day Test match, Team A batted first and scored 550 runs. In response, Team B struggled against the opposition's strong bowling attack and got all out for 200 runs. Since Team B is trailing by 350 runs, Team A's captain decides to enforce the follow-on, meaning Team B has to bat again immediately instead of Team A playing their second innings.
Team B's batsmen now have to perform well in their second innings to avoid an innings defeat.
Why is Team B forced to bat again, and what

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Comets) before it crossed the goal line without scoring. This follows the rule that the defending team (Sky Hawks) is awarded a goal kick in such situations.

23. During a match between Thunder Eagles and Shadow Titans, a Shadow Titans player attempts a volley shot, but the ball sails over the crossbar and out of play. The referee signals for a goal kick in favor of Thunder Eagles. What is the reason behind this decision?

Ans : COMP 2018

The decision was made because the ball went out of play over the goal line and was last touched by the attacking team (Shadow Titans). According to the rules, the defending team (Thunder Eagles) gets a goal kick.

24. In a football game between Steel Blizzards and Crimson Chargers, a Crimson Chargers forward attempts a long-range shot, but the ball curves wide of the goal and goes out of play. The referee awards a goal kick to Steel Blizzards. Why was this decision made?

Ans : MAIN 2019

A goal kick was given because the ball was last touched by the attacking team (Crimson Chargers) and went beyond the goal line without scoring. As a result, the defending team (Steel Blizzards) was awarded the goal kick.

25. In a match between Desert Hawks and Frozen Warriors, a Frozen Warriors striker tries to shoot, but the ball flies over the goalpost without making contact with the goalkeeper. The referee awards a goal kick to Desert Hawks. Why was the goal kick awarded?

Ans : SQP 2010

The goal kick was awarded because the attacking team (Frozen Warriors) last touched the ball before it went out of play over the goal line. Since no defender was involved, the defending team (Desert Hawks) received a goal kick.

26. During a football match between Blazing Storm and Ocean Guardians, an Ocean Guardians player kicks the ball toward the goal, but it drifts wide and goes out beyond the goal line. The referee awards a goal kick to Blazing Storm. Why do you think this happened?

Ans : MAIN 2024

The goal kick was awarded because the ball was last touched by the attacking team (Ocean Guardians) before crossing the goal line. Since no defender was responsible for the ball going out, the defending team (Blazing Storm) was given the goal kick.

27. In a football game between Glacier Phoenix and Storm Wolves, a Storm Wolves forward takes a powerful shot, but the ball flies above the goal and out of play. The referee signals for a goal kick in favor of Glacier Phoenix. Why was this decision made?

Ans : SQP 2022

The goal kick was awarded because the attacking team (Storm Wolves) was the last to touch the ball before it crossed the goal line. As a result, the defending team (Glacier Phoenix) was awarded the goal kick.

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28. In a football match between Shadow Strikers and Golden Rhinos, a Golden Rhinos player attempts to score from a free kick, but the ball goes over the goalpost and out of play. The referee awards a goal kick to Shadow Strikers. Why do you think the goal kick was given?

Ans : COMP 2020

The goal kick was given because the ball went out of play beyond the goal line without a goal being scored and was last touched by the attacking team (Golden Rhinos). Therefore, the defending team (Shadow Strikers) was awarded a goal kick.

29. During a match between Azure Panthers and Inferno Blazers, an Inferno Blazers attacker shoots the ball, but it swerves wide of the post and crosses the goal line without touching any defender. The referee awards a goal kick to Azure Panthers. What is the reason for this decision?

Ans : MAIN 2023

The goal kick was awarded because the attacking team (Inferno Blazers) last touched the ball before it went out beyond the goal line without scoring. The defending team (Azure Panthers) was given a goal kick as per the rules.

30. In a match between Titan Strikers and Celestial Knights, a Celestial Knights forward takes a header toward the goal, but the ball goes over the crossbar and out of bounds. The referee awards a goal kick to Titan Strikers. Why was this decision made?

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CHAPTER 10

FOOTBALL

SUMMARY

1. HISTORY OF FOOTBALL

1. Origin : The game of football began in Egypt and Rome and was originally called 'Harpaston'.
2. Development in Asia : Between 3000 B.C. and 500 B.C., football evolved in China and Japan, where it was referred to as 'Tsuchu'.
3. Spread of Popularity : The sport gained popularity in Rome, then moved to England, and eventually spread to the rest of the world.
4. First Competition : The first official football competition was organized in 1872.

2. MILESTONES IN FOOTBALL HISTORY

The first international match was played between England and Scotland in 1872. FIFA (Federation of International Football Association) was established in 1904. UEFA (United European Football Association) was formed in 1906. Football was included in the Olympics in 1908. The first Women's Football World Cup was held in 1991.

3. GENERAL OVERVIEW

Football is a timed game played with 11 players per team on a rectangular field. The primary goal is to score by sending the spherical ball into the opponent's goalpost. The goalkeeper is allowed to use hands within their penalty area.

4. STRATEGIES AND TACTICS

The strategy of the game is decided before the toss. The team that wins the toss chooses the goal to defend, influenced by wind direction and field conditions. During the game, short passing styles and triangular movement of the ball are preferred. Based on player skills, teams may adopt offensive or defensive formations.

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5. FIELD LAYOUT

The long boundary lines are referred to as touch lines, and the shorter ones are called goal lines. A halfway line divides the field into two halves, with flag posts marking all four corners.

6. GOAL POSTS

Goalposts are positioned at the center of the goal line. They can be made of wood or metal and are always painted white.

7. GAME INITIATION

The game begins with a toss to decide which team will defend or attack. The match starts with a kick-off.

8. KEY RULES

A penalty kick is awarded when a defending player commits an offence in the penalty area. A goal kick is awarded when the ball crosses the goal line by the attacking team without a goal. A corner kick is awarded when the defending team sends the ball beyond the goal line. A throw-in is given when the ball crosses the touch line, and the player throws the ball from outside the field. Offside is called when a player is closer to the opponent's goal line than the ball during a pass. A direct free kick is awarded for serious fouls, allowing the player to shoot directly at the goal.

9. INDIRECT FREE KICK

An indirect free kick is awarded to the opposing team if the goalkeeper of the defending team holds the ball in hand for more than 6 seconds, handles the ball after releasing it without being touched by another player, or engages in dangerous play.

10. SCORING

A goal is awarded when the football crosses the goal line between the goalposts and beneath the crossbar.

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extra 15 minutes per half may be played. If the scores are still level, a penalty shoot out is used to determine the winner.

8. What is the penalty area in football?

Ans : COMP 2004

The penalty area is a rectangular zone in front of each goal, measuring 18 yards (16.5 meters) wide and 54 feet (16.5 meters) long. It marks the area where the goalkeeper is allowed to handle the ball. Additionally, if a defensive player commits a foul inside this area, the attacking team is awarded a penalty kick from the penalty spot.

9. Name two international football governing bodies and their functions.

Ans : MAIN 2009

(i) FIFA (Federation International de Football Association) : Established in 1904, FIFA is the world's governing body for football. It oversees international competitions like the FIFA World Cup, sets regulations and promotes the sport globally.

(ii) UEFA (Union of European Football Associations) : Formed in 1954, UEFA governs European football and organizes tournaments like the UEFA Champions League and the UEFA European Championship.

10. What is the difference between a direct free kick and an indirect free kick?

Ans : SQP 2002

(i) A direct free kick allows the player to shoot directly at the goal without requiring another player to touch the ball. It is awarded for serious fouls such as dangerous tackles, handball, or violent conduct.

(ii) An indirect free kick requires the ball to be touched by another player before a goal can be scored. It is awarded for less severe infractions, such as offside offenses, back passes to the goalkeeper, or holding the ball for more than six seconds.

11. In a football match, Silver Strikers are playing against Golden Warriors. A Golden Warriors player attempts to shoot at the goal, but the ball goes over the goal line without touching any player from Silver Strikers. As a result, Silver Strikers are awarded a goal kick. Why do you think the goal kick was awarded?

Ans : COMP 2017

A goal kick was awarded because the ball crossed the goal line without a goal being scored and was last touched by the attacking team (Golden Warriors). According to the rules, if the attacking team is responsible for the ball going out beyond the goal line, the defending team is awarded a goal kick.

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12. In a football match, Storm Breakers are competing against Shadow Knights. A Shadow Knights player takes a long-range shot at the goal, but the ball sails over the crossbar without making contact with the goalkeeper. The referee awards a goal kick to Storm Breakers. Why was this decision made?

Ans : MAIN 2013

The goal kick was awarded because the ball went out of play over the goal line, and the last touch was by the attacking team (Shadow Knights). Since no defender or goalkeeper touched the ball, Storm Breakers were given a goal kick.

13. During a football game between Frost Wolves and Crimson Panthers, a Crimson Panthers forward strikes the ball toward the goal, but it goes wide and crosses the goal line. The referee signals for a goal kick to Frost Wolves. Why do you think the goal kick was given?

Ans : SQP 2011

The goal kick was given because the ball went out of play over the goal line, and the last touch was by the attacking team (Crimson Panthers). This follows the rule that if the attacking team sends the ball beyond the goal line without scoring, the defending team is awarded a goal kick.

14. In a match between Azure Blades and Thunderbolts, a Thunderbolts player attempts to score from outside the penalty area, but the ball misses the goal entirely and crosses the goal line. The referee awards a goal kick to Azure Blades. What is the reason behind this decision?

Ans : COMP 2016

The goal kick was awarded because the attacking player from Thunderbolts last touched the ball before it went out of play over the goal line. Since no defender was involved, Azure Blades were given a goal kick.

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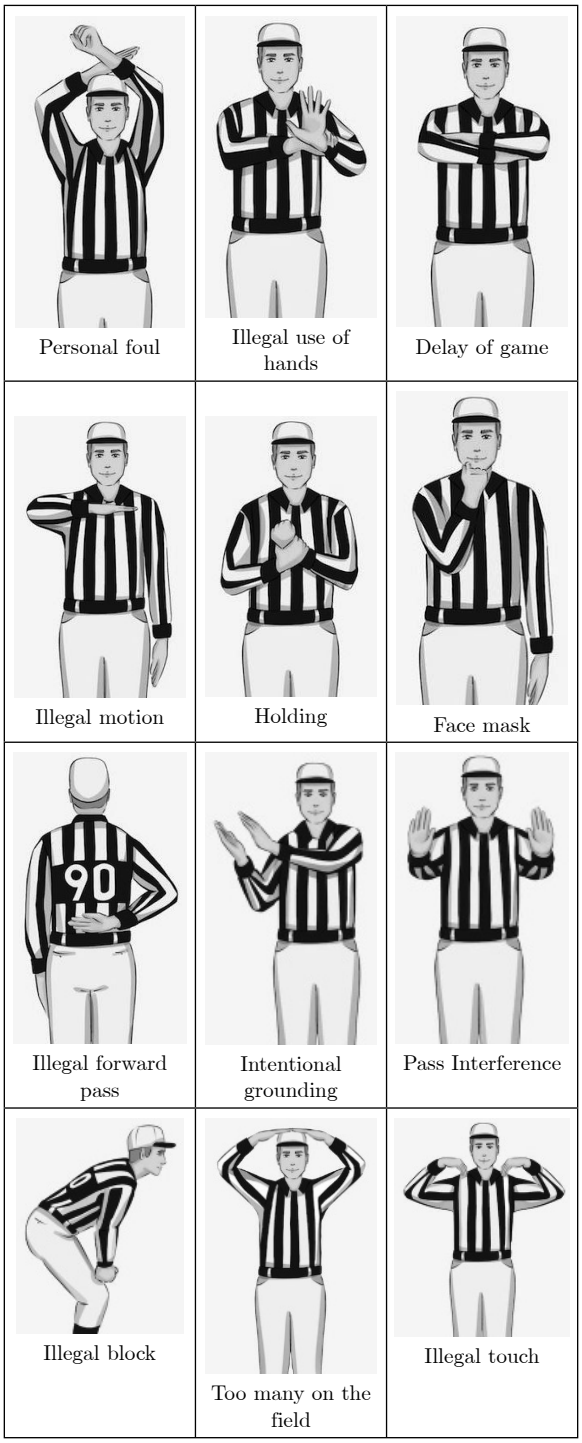
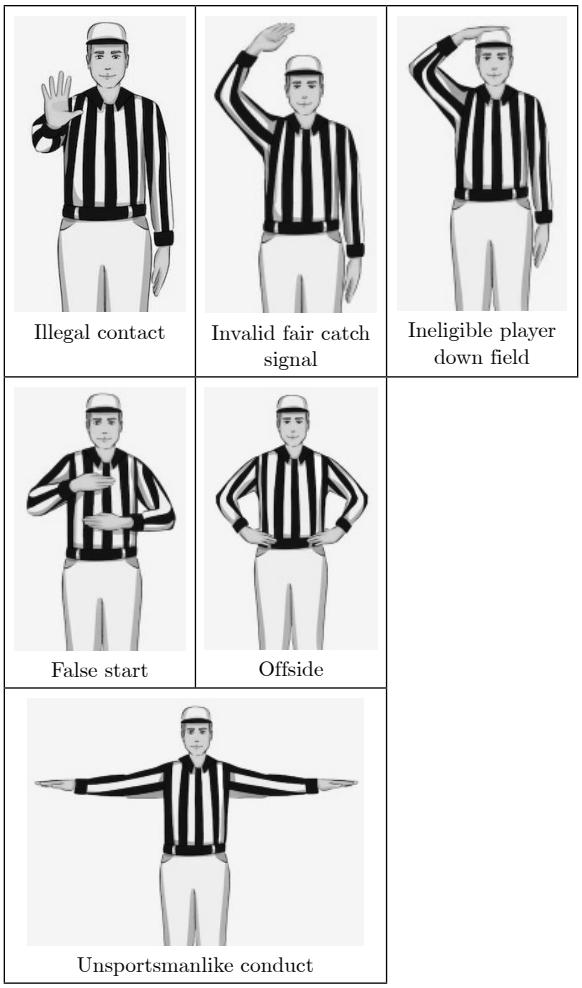
15. DUTIES OF FOURTH OFFICIAL

1. Manages the proper administration of the match.
2. Replaces another official if required.
3. Acts as a liaison between match officials, spectators, and non-players.
4. Assesses players from both teams.
5. Ensures substitute players enter and replaced players leave the field according to specifications.





16. PASSING

Passing in football refers to giving or throwing the ball to a teammate. It is classified into two types:

1. Short Pass : A safe pass executed when the teammate is nearby.
2. Long Pass : Used to clear the ball to the opposite end of the field to a teammate with no defenders nearby.

17. TRAPPING

Trapping involves different methods for controlling the ball :

(i) Step Trap : Stopping the ball by stepping on it.
(ii) Inside Trap : Stopping the ball with the inside of the foot.
(ii) Thigh Trap : Stopping the ball with the thigh when the ball is higher than the foot but lower than the chest.
(iv) Chest Trap : Using the chest to stop the ball.
(v) Head Trap : Using the head to stop the ball.

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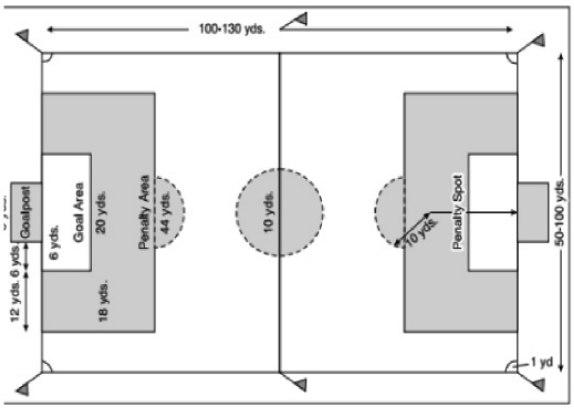
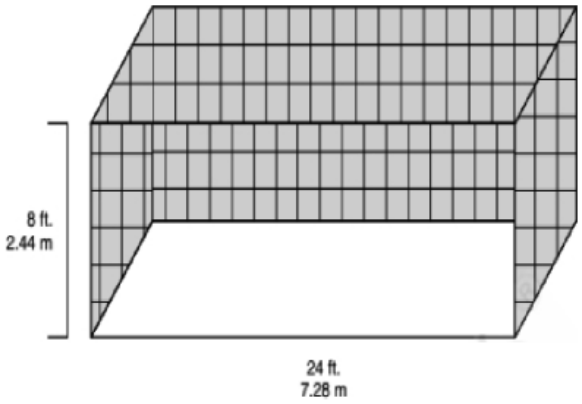
11. RESULT DETERMINATION

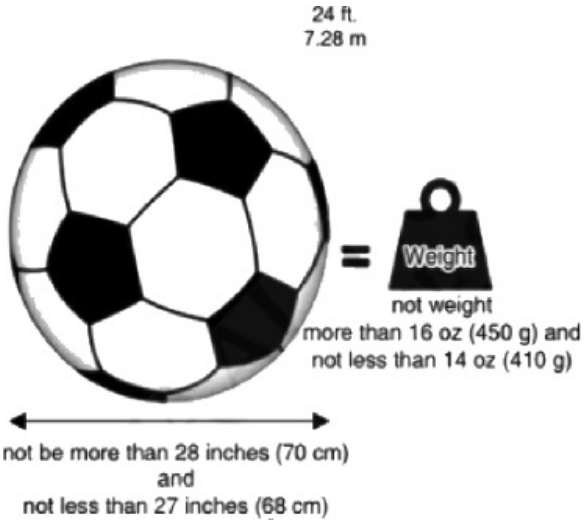
The team that scores more goals is declared the winner. If both teams score an equal number of goals during regular time, an extra 15–15 minutes is provided to each team. If the scores remain tied even after extra time, a penalty shoot out determines the winner. In the case of a tie in penalty shoot outs, a "sudden death" kick is used to declare the winner.

12. IMPORTANT DIMENSIONS

1. Number of players in each team : 11 players + 7 substitutes (FIFA allows 11 players and 11 substitutes).
2. Substitutions allowed : A maximum of 3 per match.
3. Number of officials : 4 (1 table official, 1 match referee, 2 linesmen).
4. Match duration : Two halves of 45 minutes each.
5. Interval duration : 5–10 minutes.
6. Field shape : Rectangular.
7. Field length : 100 to 130 yards (90 to 120 m).
8. Field width : 50 to 100 yards (45 to 90 m).
9. Circumference of football : 27 to 28 inches (68.5 to 71 cm).
10. Weight of football : 14 to 16 ounces (410 g to 450 g).
11. Football pressure : 0.6 to 1.1 atm (600 to 1100 g/cm^2).
12. Height of corner flag : 5 feet (1.5 m).
13. Goalpost height : 8 feet (2.44 m).
14. Goalpost length : 24 feet (7.3 m).
15. Goal area length : 6 yards (5.5 m).
16. Goal area width : 18 yards (16.5 m).
17. Centre circle diameter : 30 yards (9.1 m).
18. Penalty area length : 54 feet (16.5 m).






24 ft.
7.28 m
Weight
not weight
more than 16 oz (450 g) and
not less than 14 oz (410 g)
not be more than 28 inches (70 cm)
and
not less than 27 inches (68 cm)

NODIA

13. DUTIES OF MATCH REFEREE

1. Ensures all rules are adhered to during the play.
2. Confirms that the ball and goalposts meet the prescribed specifications.
3. Maintains a record of the time.
4. Suspends or terminates the match in cases of irregularities during play.
5. Penalizes players who intentionally injure opponents.
6. Takes opinions from assistant referees in different situations.

14. DUTIES OF ASSISTANT REFEREES

1. Monitors when a player needs to be substituted.
2. Ensures penalties are implemented when necessary.
3. Stops the game when the football goes out of play.
4. Determines entitlement to penalty kicks, goal kicks, corner kicks, or throw-ins.

(ii) Member of FIFA, AFC and the Indian Olympic Association.
(iii) Aims to promote and develop football across India through education, rural development and urban outreach.
(iv) Enforces football regulations and supervises tournaments.

2. Federation International de Football Association (FIFA)
   (i) Established in 1904 as the global governing body for football.
   (ii) Oversees international competitions but does not control football rules directly.
3. International Football Association Board (IFAB)
   (i) Custodian of football laws since 1904.
   (ii) Recognized by FIFA as the ultimate authority on football rules.

24. TOURNAMENTS

1. National Tournaments
   (i) Santosh Trophy
   (ii) Federation Cup
   (iii) I-League
2. International Tournaments
   (i) FIFA World Cup
   (ii) UEFA European Championship
   (iii) AFC Cup

TWO MARKS QUESTIONS

1. What is the primary objective of a football game?

Ans : MAIN 2024

The primary objective of football is for each team to score goals by sending the ball into the opponent's goalpost while preventing the opposing team from doing the same. The team that scores more goals by the end of the match is declared the winner.

2. How many players are there in a football team, including substitutes, as per FIFA rules?

Ans : SQP 2021

A football team consists of 11 players on the field, including the goalkeeper. FIFA allows teams to have 11 substitutes, but only a maximum of 3 substitutions are allowed during a match, except for special cases such as extra time or certain tournament rules.

3. What is the role of a goalkeeper in football?

Ans : MAIN 2023

The goalkeeper is the only player on the field who is allowed to use their hands, but only within their own penalty area. Their main role is to prevent the ball from entering the goal by catching, punching, or deflecting shots. Goalkeepers also play a crucial role in organizing the defense and initiating counterattacks by distributing the ball to teammates.

4. What is the significance of the centre circle in a football field?

Ans : SQP 2020

The centre circle, which has a diameter of 30 yards (9.1 meters), is used at the start of each half and after a goal is scored for the kick-off. Players from the opposing team must remain outside the centre circle until the ball is kicked, ensuring a fair start to the game.

5. When is a goal kick awarded in football?

Ans : COMP 2022

A goal kick is awarded when the attacking team is the last to touch the ball before it completely crosses the goal line without scoring a goal. The goal kick is taken from anywhere within the goal area and the ball must leave the penalty area before being played by another player.

6. What is the offside rule in football?

Ans : MAIN 2007

A player is considered offside if, at the moment the ball is passed to them, they are closer to the opponent's goal line than both the ball and the second-last defender, unless they are in their own half of the field. If a player is in an offside position and becomes actively involved in play (such as receiving a pass or interfering with an opponent), the referee awards an indirect free kick to the opposing team.

7. What is the duration of a football match and its break time?

Ans : SQP 2003

A standard football match consists of two halves of 45 minutes each, making a total of 90 minutes of regular play. There is a half-time interval of 5 to 10 minutes between the two halves. If the match ends in a draw during knockout rounds, an

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18. SHOOTING TECHNIQUES INCLUDE

1. Instep Kick : Clearing the ball over medium distances with the non-striking foot for balance.
2. Swerve : A bending shot to beat the goalkeeper.
3. Chip : Kicking the ball under high control to pass or score over opponents or the goalkeeper.
4. Toe Kick : Using the front of the toe to kick the ball for short-distance movement.

19. DRIBBLING

1. Dribbling requires light touches to move the ball towards the opponent's goalpost in synchronization with speed.
2. Heading : Heading involves striking the ball with the head, requiring accuracy and timing to direct it effectively.
3. Tackle Tackling involves winning possession by using legs or sliding to knock the ball away.

20. GOAL KEEPING

Goal keeping focuses on preventing the ball from entering the goal.

21. TERMINOLOGY

21.1 Ball-In and Ball-Out

1. Ball-In : When the ball is in the play area.
2. Ball-Out : When the ball crosses the boundary.

21.2 Advantage Clause

The Advantage Clause allows the referee discretion to not stop play for an obvious foul if doing so would disadvantage the fouled team.

21.3 Marking

Marking is a defensive strategy to prevent an opponent from taking control of the ball.

21.4 Sliding Tackle

Sliding Tackle involves using the body to win possession by sliding on the ground.

21.5 Man-to-Man Marking

Man-to-Man Marking assigns defenders to specific opponents rather than covering areas.

21.6 Extra Time

Extra Time refers to an additional 15 minutes when a winner isn't determined within regulation time.

21.7 Zonal Marking

Zonal Marking involves defenders covering specific zones of the field rather than individuals.

21.8 Quarter Circle

Quarter Circle refers to the area extending six meters from corner points for corner kicks.

21.9 Through Pass

Through Pass sends the ball into open space between defenders for an attacker to receive.

21.10 Nutmeg

Nutmeg occurs when the ball is passed between an opponent's legs.

21.11 Technical Area

The Technical Area is the designated area for coaches and substitutes.

22. TECHNIQUES AND SKILLS IN FOOTBALL

1. Cross : Delivering the ball into the penalty area from the wings, often aimed at attackers near the goal.
2. Overlap : When an attacking player with the ball is shadowed by a teammate, forcing the defender to adjust, creating attacking opportunities.
3. Banana Kick : A kick with a curved trajectory caused by spinning the ball, often used to bypass defenders.
4. Goal Line Technology : Used to determine if the ball has fully crossed the goal line for a score.
5. Step Over : A dribbling move used to deceive defenders, tricking them into moving in the wrong direction.
6. Half Volley : Striking the ball just after it bounces off the ground.
7. Lob : Passing or shooting the ball over the head of an opponent with precision.
8. Wall Pass : A quick give-and-go move between two players to bypass defenders.
9. One on One : A situation where only the attacker and goalkeeper face each other.
10. Volley : Striking the ball before it touches the ground.

23. GOVERNING BODIES

1. All India Football Federation (AIFF)
   (i) Registered with the Registrar of Societies, Mumbai.

NODIA

15. In a football match, Desert Scorpions are playing against Glacier Titans. A Glacier Titans striker attempts a powerful shot on goal, but the ball flies over the crossbar and lands outside the field. The referee awards a goal kick to Desert Scorpions. Why was the goal kick given?

Ans : MAIN 2014

The goal kick was given because the ball crossed the goal line without scoring, and the last touch was from the attacking team (Glacier Titans). According to football rules, the defending team (Desert Scorpions) is awarded a goal kick in this situation.

16. During a match between Ocean Sharks and Fire Dragons, a Fire Dragons attacker kicks the ball toward the goal, but it goes out of bounds beyond the goal line without touching any defender. The referee awards a goal kick to Ocean Sharks. Why do you think the goal kick was awarded?

Ans : SQP 2008

The goal kick was awarded because the attacking team (Fire Dragons) sent the ball out beyond the goal line without scoring. The defending team (Ocean Sharks) is awarded a goal kick as per the rules.

17. In a game between Meteor Blazers and Phantom Riders, a Phantom Riders player attempts to curl the ball into the net, but it goes off target and crosses the goal line. The referee awards a goal kick to Meteor Blazers. Why was this decision made?

Ans : COMP 2006

The decision was made because the ball went out of play beyond the goal line without a goal, and the last touch was from the attacking team (Phantom Riders). As a result, Meteor Blazers were given a goal kick.

18. During a football match between Titan Warriors and Storm Chasers, a Storm Chasers player attempts a header toward the goal, but the ball goes wide without touching any opponent. The referee signals for a goal kick in favor of Titan Warriors. Why do you think the goal kick was awarded?

Ans : MAIN 2001

The goal kick was awarded because the ball was last touched by the attacking team (Storm Chasers) before going out over the goal line without scoring. The defending team (Titan Warriors) was awarded the goal kick according to the rules.

19. In a football match between Shadow Lynx and Steel Guardians, a Steel Guardians striker takes a shot, but the ball flies above the goalpost and crosses the goal line. The referee awards a goal kick to Shadow Lynx. What is the reason for this?

Ans : SQP 2000

The goal kick was awarded because the attacking team (Steel Guardians) last touched the ball before it went out over the goal line. Since no defender was involved, Shadow Lynx was given a goal kick.

20. In a match between Blazing Falcons and Emerald Vipers, an Emerald Vipers player attempts a shot from outside the penalty box, but the ball misses the goal and goes out of play beyond the goal line. The referee awards a goal kick to Blazing Falcons. Why do you think this decision was made?

Ans : COMP 2005

The decision was made because the attacking team (Emerald Vipers) was the last to touch the ball before it went out beyond the goal line. As per the football rules, the defending team (Blazing Falcons) was awarded a goal kick.

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21. In a football match, Lightning Strikers are playing against Iron Gladiators. An Iron Gladiators player attempts to score but kicks the ball over the goalpost without any deflection from the defending team. The referee awards a goal kick to Lightning Strikers. Why was this decision made?

Ans : MAIN 2012

A goal kick was awarded because the ball crossed the goal line without a goal being scored and was last touched by the attacking team (Iron Gladiators). The defending team (Lightning Strikers) is awarded the goal kick as per the rules.

22. In a match between Sky Hawks and Blazing Comets, a Blazing Comets player takes a shot at goal, but the ball flies past the post and goes out of bounds without touching any defender. The referee awards a goal kick to Sky Hawks. Why do you think the goal kick was awarded?

Ans : SQP 2015

The goal kick was awarded because the ball was last touched by the attacking team (Blazing

does the follow-on rule state?

Ans : SQP 2008

(i) If the team batting second (Team B) scores 200 or more runs fewer than the first team (Team A) in a five-day Test, the captain of the leading team has the option to enforce the follow-on.
(ii) This means that Team B has to bat again immediately without Team A playing their second innings.
(iii) If Team B fails to overcome the deficit, they lose by an innings defeat.

This rule is used strategically to increase the chance of winning without having to bat again.

113. Why was this delivery declared a No Ball, and what happens next?

Ans : MAIN 2001

(i) A full toss that reaches the batsman above waist height without bouncing is deemed dangerous and illegal, leading to an immediate No Ball call.
(ii) The batting team is awarded one extra run.
(iii) The next delivery is a Free Hit, meaning the batsman cannot be dismissed except by a run-out.
(iv) This rule ensures player safety and prevents bowlers from using dangerous tactics.

114. Wide Ball in a Pressure Situation

Ans : SQP 2012

In the final over of an ODI match, Team X requires 3 runs off 1 ball to win. The bowler tries to bowl a yorker but instead delivers a wide ball far outside the batsman's reach. The umpire extends both arms horizontally, signaling a Wide Ball.
The fielding team is frustrated as they now have to bowl an extra delivery, keeping the batting team's hopes alive.

115. What does the umpire's signal indicate, and how does it affect the match situation?

Ans : MAIN 2015

(i) The Wide Ball signal means that the delivery was outside the legal playing area for the batsman.
(ii) The batting team gets 1 extra run, and the bowler must deliver an extra ball.
(iii) The match equation now changes to 2 runs needed from 1 ball, increasing the batting team's chance to win.
(iv) Wide balls are a common mistake under pressure and can change the course of a close game.

116. Umpire Signals a No Ball

Ans : COMP 2006

During a T20 League match, the bowler delivers a fast full toss that reaches the batsman above waist height without bouncing. The batsman, caught off guard, manages to avoid injury. The on-field umpire immediately extends one arm horizontally to signal a No Ball.

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Ans : SQP 2011

The goal kick was given because the ball was last touched by the attacking team (Celestial Knights) before going out beyond the goal line without scoring. Therefore, the defending team (Titan Strikers) was awarded the goal kick.

31. When is the ball called out of play in Football?

Ans : MAIN 2013

A ball is considered out of play when it has touched or crossed the goal line or has been stopped by the referee/assistant referee.

32. Write the full form of FIFA.

Ans : COMP 2011

Federation International de Football Association (FIFA).

33. When a player commits two fouls at the same time.

Ans : SQP 2013

Two Fouls Simultaneously : The referee will penalize the foul that results in the greatest disadvantage to the opposing team, ensuring fair play.

34. When the goalkeeper takes more than six seconds to release the ball.

Ans : COMP 2016

Goalkeeper Holding the Ball for Over Six Seconds : An indirect free kick is awarded to the opposing team from the spot where the infraction occurred.

35. When the player receives the ball inside the penalty area from a goal kick.

Ans : SQP 2019

Receiving a Ball Inside the Penalty Area from a Goal Kick : The game continues without any interruptions, as this action is permitted under football laws.

36. When the referee finds a player playing without shin guards.

Ans : MAIN 2023

Player Without Shin Guards : The referee stops the player from participating until they wear the appropriate equipment. If necessary, the player is cautioned for breaching the rules.

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37. Length and breadth of the football field.

Ans : COMP 2021

Length and breadth of the football field : The football field's length ranges between 90 meters (minimum) and 120 meters (maximum). Its breadth ranges between 45 meters (minimum) and 90 meters (maximum).

38. Length and breadth of the penalty area.

Ans : SQP 2011

Length and breadth of the penalty area : The penalty area has a length of 16.5 meters and a breadth of 40.3 meters. This area is marked around each goalpost and is critical for penalty kicks.

39. Radius of penalty arc and corner arc.

Ans : MAIN 2014

Radius of penalty arc and corner arc:

(i) The penalty arc has a radius of 9.15 meters, drawn outside the penalty area.

(ii) The corner arc has a radius of 1 meter, marked at each corner of the football field.

40. Duration of a match and duration of extra time.

Ans : SQP 2003

Duration of a match and duration of extra time:

(i) A standard football match consists of two halves, each lasting 45 minutes, with a 15-minute interval between them, making a total duration of 90 minutes.

(ii) If the match ends in a tie and extra time is required, it consists of two halves, each lasting 15 minutes, making a total of 30 minutes for extra time.

41. What is a penalty arc, and why is it important?

Ans : SQP 2015

Penalty Arc and Importance : A penalty arc is a quarter-circle marked from the corner flag post on all four corners of the field. It is important because it defines the area where the ball is kept while taking a corner kick.

42. What do you mean by the term indirect free kick?

Ans : COMP 2010

Indirect Free Kick : An indirect free kick is awarded to the opposing team when a foul is committed by any player of a team. After the foul, the game restarts with an indirect free kick.

94. State any three fouls when the referee shows a yellow card to a player during the game.

Ans : MAIN 2017

Fouls leading to a yellow card:
(i) Interfering with the opponent.
(ii) Delaying the game.
(iii) Engaging in dangerous play.

95. List any three duties to be performed by the captain of the team.

Ans : COMP 2016

Duties of the captain:
(i) Ensures discipline and proper conduct among players.
(ii) Coordinates team strategy during the match.
(iii) Represents the team during the toss and discussions with referees.

96. Mention any three duties of the referee before the match.

Ans : MAIN 2016

Duties of the referee before the match:
(i) Inspects the play field and equipment.
(ii) Ensures that the players adhere to the rules.
(iii) Verifies the readiness of match officials.

97. State any three duties of the fourth official.

Ans : SQP 2007

Duties of the fourth official:
(i) Ensures proper administration of the match.
(ii) Acts as a point of contact between spectators and players.
(iii) Ensures substituted players leave the field according to regulations.

98. State any three procedures that will be followed during a kick-off.

Ans : COMP 2019

Procedures during kick-off:
(i) Players must stay in their half of the field.
(ii) Opponents must be at least 9.15 m away from the ball.
(iii) The ball is in play when it is kicked forward.

99. State any three duties of an assistant referee.

Ans : SQP 2011

Duties of an assistant referee:
(i) Ensures when a player substitution is required.
(ii) Decides whether the ball has crossed the play area.
(iii) Assists in determining off sides and throw-ins.

100. What is the procedure for taking a throw-in?

Ans : MAIN 2014

Procedure for throw-in:
(i) The thrower stands behind the touch line.
(ii) The ball is thrown with both hands over the head.
(iii) Both feet remain on the ground during the throw.

101. In a knockout tournament, if the match ends in a draw, what will be the procedure followed to determine the winner of the match?

Ans : SQP 2003

(i) If the match ends in a draw, extra time of 15 minutes each half is played.
(ii) If still undecided, a penalty kick shoot out determines the winner.
(iii) Alternate penalty kicks are awarded until one team outs cores the other.

102. What is kick-off? Give any two instances when it is initiated.

Ans :

Kick-off starts the game or resumes it after a goal.
Instances:
(i) At the start of each half.
(ii) After a goal is scored.

103. What is the procedure adopted to restart a match when there is a situation of a dropped ball?

Ans : MAIN 2015

Procedure for dropped ball : The referee drops the ball at the spot where play was stopped. The game resumes when it touches the ground.

104. Mention any three circumstances where the referee awards an indirect free kick against the goalkeeper.

Ans : COMP 2004

Circumstances for indirect free kick:
(i) Goalkeeper holds the ball for more than 6 seconds.
(ii) Handles the ball after deliberately releasing it.
(iii) Receives a pass directly from a teammate.

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57. A penalty kick is taken, but the ball hits the goalpost and does not enter the goal.

Ans : SQP 2020

Play continues if the ball remains in play. If the ball goes out of play, a goal kick is awarded to the defending team.

58. A corner kick is taken, but the ball goes out of play without touching another player.

Ans : COMP 2022

A goal kick is awarded to the defending team.

59. A player commits an offside offense.

Ans : MAIN 2007

The opposing team is awarded an indirect free kick from the location where the offside offense occurred.

60. A defender deliberately handles the ball inside their own penalty area.

Ans : SQP 2003

A penalty kick is awarded to the attacking team.

61. A team takes a direct free kick and the ball goes directly into their own goal.

Ans : COMP 2004

A corner kick is awarded to the opposing team since an own goal cannot be scored directly from a free kick.

62. A player kicks the ball directly into their own goal from a throw-in.

Ans : MAIN 2009

A corner kick is awarded to the opposing team because a goal cannot be scored directly from a throw-in.

63. A ball crosses the touch line after being last touched by a defender.

Ans : SQP 2002

A throw-in is awarded to the opposing team from the spot where the ball went out.

64. A player takes a direct free kick, and the ball rebounds off the crossbar without being touched.

Ans : COMP 2017

Play continues if the ball remains in play. If the ball goes out of play, a goal kick or corner kick is awarded based on the last touch.

65. A player is fouled just outside the opponent's penalty area.

Ans : MAIN 2013

A direct free kick is awarded to the fouled team from the spot of the foul.

66. A player takes a corner kick, and the ball goes directly into the goal without touching another player.

Ans : SQP 2011

A goal is awarded to the attacking team since a goal can be scored directly from a corner kick.

67. A player deliberately passes the ball to their goalkeeper, and the goalkeeper picks it up with their hands.

Ans : COMP 2016

The opposing team is awarded an indirect free kick from the spot where the goalkeeper handled the ball.

68. A player accidentally kicks the ball, and it strikes the referee before going to an opponent.

Ans : MAIN 2014

Play continues unless the ball directly leads to a goal or a clear attacking opportunity, in which case a drop ball is awarded to the team that last possessed the ball.

69. A penalty kick is taken, and the goalkeeper moves off the goal line before the ball is struck.

Ans : SQP 2008

The penalty kick is retaken if the movement impacted the outcome. The goalkeeper may also receive a warning or a yellow card for repeated offenses.

70. A defender kicks the ball, and it goes out over their own goal line without a goal being scored.

Ans : COMP 2006

A corner kick is awarded to the opposing team.

71. A player kicks the ball, and it hits the assistant referee standing on the sideline before going out of play.

Ans : MAIN 2001

A throw-in is awarded to the team that did not touch the ball last before it crossed the touch line.

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43. What is the meaning of the term "Red Card"?

Ans : MAIN 2014

A Red Card is issued by the referee to indicate that a player or substitute is being expelled from the match and must leave the field immediately.

44. Explain the concept of "Sudden Death."

Ans : SQP 2016

"Sudden Death" occurs when no team scores a goal even during the tie-breaker. Both teams are given alternate penalty kicks until one team scores and wins.

45. Highlight the difference between the goalposts and the height of the crossbar from the ground.

Ans : COMP 2016

The distance between the goalposts is 7.32 meters, while the height of the crossbar from the ground is 2.44 meters.

46. Provide the dimensions of the goal area in football.

Ans : MAIN 2013

The goal area in football is a rectangular space measuring 5 meters $\times$ 5 meters, drawn from the goal line to the inside of the goalpost.

47. Explain the following:
(i) A substitution
(ii) A through-pass

Ans : MAIN 2015

(i) Substitution : This occurs when a player is replaced due to injury or other reasons, allowing another team member to take their place on the field.
(ii) Through-pass : A pass directed into an open area between defenders, enabling a teammate to take control of the ball and approach the goal.

48. State any two conditions when the ball is called 'out of play.'

Ans : COMP 2016

The ball is considered 'out of play' when it crosses the goal line or touch line entirely or when the referee stops the game.

49. What should be the width of the goal line, touch line and goal post?

Ans : SQP 2010

Widths :
(i) Goal line : 12 cm
(ii) Touch line : 12 cm
(iii) Goal post : 12 cm

50. Define a direct free kick.

Ans : MAIN 2015

Direct free kick : A free kick taken to score a goal directly from the point of infringement.

51. How many substitutions are permitted in official matches under FIFA?

Ans : SQP 2006

A maximum of three substitutions are allowed in official matches under FIFA rules.

52. When do you consider that a goal has been scored?

Ans : COMP 2019

When a goal is scored : A goal is declared when the football completely crosses the goal line between the goalposts and under the crossbar, provided no fouls are committed during the process.

53. Explain the term offside.

Ans : MAIN 2022

A player is considered offside if they are in the half of their opponent and nearer to the opponent's goal line than at least two of the opponent's players when the ball is played to them.

54. A goal kick is taken, and the ball does not leave the penalty area.

Ans : MAIN 2024

The goal kick is retaken because the ball must leave the penalty area before being touched by another player.

55. A player takes a throw-in, but the ball does not enter the field of play.

Ans : SQP 2021

The throw-in is retaken by the same team from the same spot.

56. A goalkeeper holds the ball in their hands for more than 6 seconds.

Ans : MAIN 2023

The opposing team is awarded an indirect free kick from the spot where the violation occurred.

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Duties of a match referee:
(i) Ensures the rules of the game are followed.
(ii) Inspects the condition of the ball and equipment.
(iii) Supervises the entire game and resolves disputes.

84. What is the procedure adopted to restart the game from a throw-in?

Ans : COMP 2019

Procedure for restarting the game with a throw-in:
(i) The thrower must have both feet on the ground.
(ii) The thrower must face the field of play.
(iii) The ball must be thrown over the head with both hands.

85. State any three duties of an assistant referee.

Ans : MAIN 2017

Duties of an assistant referee:
(i) Ensures when a player needs to be substituted.
(ii) Ensures when a player needs to be penalized.
(iii) Decides entitlement to penalty kick, goal kick, corner kick, or throw-in.

86. What is the procedure of resuming a game from a goal kick?

Ans : COMP 2019

Procedure for resuming a game from a goal kick:
(i) The ball is placed in the goal area.
(ii) The game resumes when the goalkeeper or any player of the team kicks the ball.

87. Mention any three circumstances where the referee awards an indirect free kick against the goalkeeper.

Ans : MAIN 2019

Circumstances for awarding an indirect free kick against the goalkeeper:
(i) When the goalkeeper holds the ball for more than 6 seconds.
(ii) When the goalkeeper touches the ball again after releasing it.
(iii) When the goalkeeper handles the ball after a deliberate back pass from a teammate.

88. Mention any three instances for which a direct free kick is awarded.

Ans : SQP 2010

Instances for awarding a direct free kick:
(i) A player kicks, trips or jumps at an opponent.
(ii) A player pushes an opponent.
(iii) A player spits at or deliberately handles the ball, except for the goalkeeper.

89. How is a goal scored in the game of football?

Ans : COMP 2012

A goal is declared when the football crosses the goal line between the goalposts under the crossbar.

90. Give any three situations when a kick-off is applied.

Ans : MAIN 2015

Situations for a kick-off:
(i) At the start of each half of play.
(ii) At the start of each extra time period.
(iii) After a goal has been scored.

91. Under which three situations is a player not considered offside?

Ans : COMP 2019

Situations when a player is not offside:
(i) When receiving the ball directly from a throw-in.
(ii) When receiving the ball directly from a corner kick.
(iii) When receiving the ball directly from a goal kick.

92. State any three instances when the opposite team is awarded an indirect free kick for an offence committed by a goalkeeper.

Ans : COMP 2011

Instances for an indirect free kick against a goalkeeper:
(i) The goalkeeper holds the ball for more than 6 seconds.
(ii) The goalkeeper handles the ball after deliberately releasing it.
(iii) The goalkeeper plays the ball after receiving it directly from a teammate's deliberate pass.

93. Name the toolkit carried by the referee to conduct a football match.

Ans : SQP 2016

Toolkit carried by a referee : The referee's toolkit consists of a stopwatch, whistle, notebook, red card, yellow card and pencils.

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72. A player commits a foul inside their own penalty area.

Ans : SQP 2000

A penalty kick is awarded to the opposing team if the foul was a direct free kick offense (e.g., tripping, handball).

73. A goal kick is taken, and the ball goes out of bounds without touching another player.

Ans : COMP 2005

The goal kick is retaken because the ball must leave the penalty area before it is in play.

74. A player from Team A takes a free kick, but before any player touches it, the ball directly enters Team A's goal.

Ans : MAIN 2012

A corner kick is awarded to the opposing team because an own goal cannot be scored directly from a free kick.

75. A player kicks the ball, and it strikes a defender's arm unintentionally inside the penalty area.

Ans : SQP 2015

No penalty is given unless the defender's arm was in an unnatural position. Play continues unless the referee deems it a handball offense.

76. A throw-in is taken, and the ball is played directly into the opponent's goal without touching another player.

Ans : COMP 2018

A goal kick is awarded to the defending team because a goal cannot be scored directly from a throw-in.

77. A player is substituted, but they enter the field before the outgoing player leaves completely.

Ans : MAIN 2010

The game is stopped, and the substitute may receive a yellow card. The restart is an indirect free kick for the opposing team from the location where play was stopped.

78. What procedure will be adopted if the ball is damaged or becomes defective during the course of play?

Ans : SQP 2013

If the ball is damaged, the referee stops the game and replaces the ball. The match resumes from the point where the ball was damaged.

THREE MARKS QUESTIONS

79. Explain the following terms:
(i) Technical area
(ii) Centre circle
(iii) Corner kick

Ans : MAIN 2015

(i) Technical area : The designated area for team officials, substitutes, and other staff, allowing them to give instructions to players during the match.
(ii) Centre circle : A circle at the centre of the field with a radius of 9.15 meters, used during kick-offs.
(iii) Corner kick : Awarded when the ball last touched by a defending player crosses the goal line outside the posts. It is taken from the nearest corner area.

80. Mention three circumstances when time is lost or wasted during the course of play and is added at the end of each playing session.

Ans : COMP 2016

Time is added for:
(i) A foul committed by a player.
(ii) Injuries to players.
(iii) Substitution of players.

81. Define a direct free kick.

Ans : MAIN 2011

A direct free kick allows the player to kick the ball directly toward the goal from the point where the offence occurred.

82. What colour warning cards are shown by the referee during the course of play in a football match? What does the colour of the warning card indicate?

Ans : COMP 2001

A yellow card is shown as a warning to indicate that an official caution has been issued to the player for a foul or misconduct.

83. State any three duties of a match referee.

Ans : SQP 2014

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105. Mention any three instances for which a direct free kick is awarded.

Ans : SQP 2010

Direct free kick is awarded to the opposing team when:
(i) A player is found guilty of kicking, tripping, pushing, jumping at, or spitting at the player of the other team.
(ii) It is awarded to the opposing team when any of the players (except the goalkeeper) intentionally touches the ball with their hands.
(iii) If a dangerous foul is committed, resulting in a disadvantage for the opponent.

106. State any three types of fouls committed by a player that may invite a red card from the referee.

Ans : MAIN 2009

A red card may be shown for the following fouls:
(i) Pushing or tripping an opponent.
(ii) Kicking another player.
(iii) Abusing or spitting at the opponent.

107. What is the procedure of resuming a game from:

Ans : MAIN 2014

(i) A penalty kick : The ball is placed at the penalty spot in a stationary position. The player kicks the ball toward the goal. If the goalkeeper does not collect the ball and a goal is scored, the game resumes with a kickoff. If the goalkeeper collects the ball, play resumes normally.
(ii) A goal kick : The ball is placed in the goal area and the game resumes when the goalkeeper or any other player of the same team kicks the ball.
(iii) An indirect free kick : The game resumes when the ball is touched by a second player other than the one taking the free kick. The second player must be from the same team as the player taking the free kick.

108. List the basic compulsory equipment used by a football player.

Ans : COMP 2015

Compulsory equipment for a football player:
(i) Jersey
(ii) Shorts
(iii) Shin guards
(iv) Stockings
(v) Football boots

109. When is the corner kick awarded, and from where is it taken?

Ans : MAIN 2015

A corner kick is awarded when the football crosses the goal line outside the goalposts after being last touched by a defending player. It is taken from the nearest corner area, ensuring that the corner flag remains unmoved, and the kicker is at least 10 yards away from opposing players.

110. State four offences committed by a player within their own penalty area, which warrants the award of a penalty kick.

Ans : SQP 2014

Four such offences include:
(i) Kicking or attempting to kick an opponent.
(ii) Pushing an opponent.
(iii) Holding an opponent.
(iv) Handling the ball deliberately.

111. Define the procedure of a goal kick.

Ans : SQP 2018

Procedure of a Goal Kick : When a goal kick is awarded, the ball is kicked from the goal area of the defending team. All players of the attacking team must remain outside the penalty area of the defending team. The player taking the goal kick cannot kick the ball again until it has been touched by another player of any team.

112. Give the proper procedure to replace a field player with a substitute player.

Ans : COMP 2012

Procedure for replacing a field player with a substitute:
In a football match, each team is allowed three substitutions. To substitute a player, the new player reports to the match official when the game stops. After confirmation, the official permits the player to enter the field along the center line, while the replaced player exits the field.

113. State any three methods of restarting a game in football.

Ans : COMP 2012

A game can be restarted by:
(i) Throw-in
(ii) Corner kick
(iii) Penalty kick
(iv) Kick-off
(v) Referee's whistle (Any three)

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EIGHT MARKS QUESTIONS

114. Define the following terms:
(i) Drop Ball
(ii) Through Pass
(iii) Quarter Circle
(iv) Bicycle Kick

Ans : MAIN 2024

(i) Drop Ball : A drop ball is a method of restarting play in football when the game has been stopped due to reasons such as injury, fouls, or misconduct. The referee drops the ball between two players from opposite teams, and the game resumes once the ball touches the ground.
(ii) Through Pass : A through pass is a precise pass aimed at bypassing defenders by sending the ball into open space or a gap between defenders, enabling an attacking player to run and gain possession of the ball closer to the goal.
(iii) Quarter Circle : A quarter circle is an imaginary arc with a radius of 6 meters, drawn from each corner of the field. It marks the area where the ball is placed during a corner kick, ensuring players take the kick from the correct position.
(iv) Bicycle Kick : A bicycle kick is an acrobatic skill in football where a player leaps into the air, throwing their body backward and using one leg to kick the ball while the other leg is used for balance. The ball is struck while the player is mid-air, often used to shoot at the goal.

115. Explain the following signals given by the referee during a match:
(i) When a goal is scored.
(ii) Indirect Free Kick.
(iii) Corner Kick.
(iv) Advantage.

Ans : SQP 2021

(i) Goal Scored : The referee points to the center circle with one arm extended to confirm that the goal is valid, signaling both teams to restart the game.
(ii) Indirect Free Kick : The referee raises one arm straight above their head and keeps it raised until another player touches the ball after the kick is taken.
(iii) Corner Kick : The referee points towards the corner flag nearest to the spot where the ball crossed the goal line to indicate the corner kick.
(iv) Advantage : The referee extends both arms forward to signal that despite a foul, the play will continue as the fouled team still has an advantage.

116. List four important duties of the fourth official.

Ans : MAIN 2017

Duties of the Fourth Official:
(i) Ensures the match is conducted as per the rules and assists other officials when required.
(ii) Acts as a replacement for any official who is unable to continue the match.
(iii) Serves as a communication link between match officials, players, and spectators, ensuring smooth conduct.
(iv) Monitors substitute players entering and exiting the field to prevent unauthorized play.

117. Mention four types of infringements committed by the goalkeeper when an indirect free kick is awarded.

Ans : SQP 2020

Infringements by Goalkeeper Leading to Indirect Free Kick:
(i) Holding the ball for more than six seconds without releasing it.
(ii) Handling the ball after releasing it without another player touching it.
(iii) Deliberately using hands to touch a ball kicked by a teammate.
(iv) Using hands to touch a ball received directly from a throw-in.

118. Explain the following terms in Football:
(i) Kicking
(ii) Dribbling
(iii) Tackling
(iv) Trapping

Ans : COMP 2022

(i) Kicking : Kicking involves propelling the ball using the feet to pass, shoot, or clear the ball towards a goal or a teammate. It is one of the most fundamental skills in football and can vary in power and precision based on the situation.
(ii) Dribbling : Dribbling refers to controlling the ball with small, precise touches while moving forward to evade opponents. It requires balance, coordination, and the

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ability to change direction swiftly to maintain possession.

(iii) Tackling : Tackling is a defensive skill used to dispossess the opponent of the ball by intercepting their movement or taking the ball away without committing a foul. It can involve sliding or blocking the ball with the feet.

(iv) Trapping : Trapping is the act of stopping or controlling the ball to bring it to a playable position using different parts of the body, such as the foot, chest, or thigh. It helps a player maintain possession and prepare for the next move.

119. Answer the following:

(i) Radius of center circle.

(ii) Minimum and maximum number of players to start a match.

(iii) Height and width of the goal post.

(iv) Distance of penalty mark from the goal line.

Ans : MAIN 2007

(i) Radius of center circle : 9.15 m.

(ii) Minimum 7 players and Maximum 11 players.

(iii) Height : 2.43 m, Width : 7.32 m.

(iv) Distance of penalty mark : 11 m.

120. (i) Explain the following:

(a) A direct free kick.

(b) A through pass.

(ii) State any four offences committed by a player within his own penalty area, which warrants the award of a penalty kick.

Ans : COMP 2004

(i) (a) Direct Free Kick : A direct free kick is awarded for fouls or misconduct. It can be kicked directly into the goal without touching another player.

(b) Through Pass : A through pass is a pass sent between defenders into open space, enabling an attacker to run and gain possession.

(ii) Four such offences are:

(a) Jumping at an opponent.

(b) Pushing an opponent.

(c) Charging an opponent.

(d) Striking or attempting to strike an opponent.

121. Answer the following:

(i) A free kick.

(ii) Heading.

(iii) Passing.

(iv) Weight and circumference of the football.

Ans : MAIN 2009

(i) Free Kick : A kick awarded for fouls or infringements, where the ball is placed at the spot of the foul and opponents must stay at least 9.15 m away.

(ii) Heading : Using the head to strike or direct the ball during play, commonly used to score goals or clear the ball.

(iii) Passing : Moving the ball between teammates to maintain possession or progress towards the goal.

(iv) Weight : 410–450 grams, Circumference : 68–70 cm.

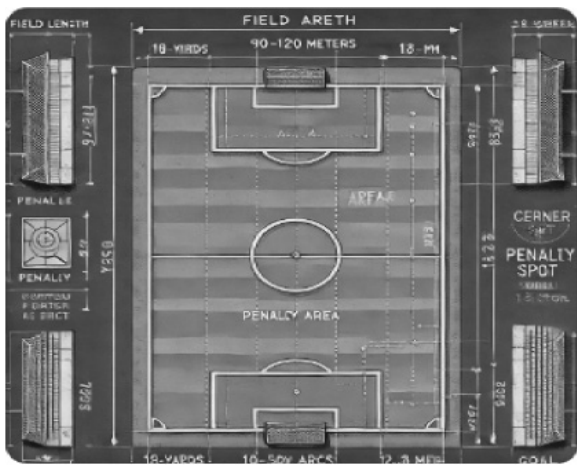
122. Draw a neatly labeled diagram of a football field showing all its dimensions.

Ans : MAIN 2018

Below is the diagram of a football field showing the required dimensions:

1. Length of the field : 100 to 130 yards (90 to 120 meters).
2. Width of the field : 50 to 100 yards (45 to 90 meters).
3. Goal area dimensions : 6 yards (5.5 meters) from each goalpost and 6 yards out into the field.
4. Penalty area dimensions : 18 yards (16.5 meters) from each goalpost and 18 yards out into the field.
5. Centre circle radius : 10 yards (9.15 meters).
6. Corner arc radius : 1 yard (1 meter).
7. Height of goalpost : 8 feet (2.44 meters).
8. Width of goalpost : 8 yards (7.32 meters).

For better understanding, refer to the provided labeled diagram.



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123. Write down the procedure to restart the game when the ball passes over the touch line.

Ans : COMP 2010

Restart Procedure for Touch Line:
(i) The thrower must have any part of both feet on the touch line.
(ii) The thrower must face the field.
(iii) The thrower must hold the ball with both hands.
(iv) The thrower must throw the ball from over their head.
(v) Opponents must maintain a distance of 2 meters from the thrower.
(vi) The thrower must not touch the ball after the throw until it is touched by another player.

124. Write down the procedure to restart the game when the ball is last touched by the defending player and passes over the goal line.

Ans : SQP 2002

Restart Procedure for Goal Line (Corner Kick):
(i) The ball must be placed at the corner nearest to the point it crosses the goal line.
(ii) The ball must be placed inside the corner arc.
(iii) The flag post must remain in place.
(iv) Opponents must stay at least 9 meters away from the corner until the kick is taken.

125. Explain in detail the procedure followed during the tie-breaker in the game of football.

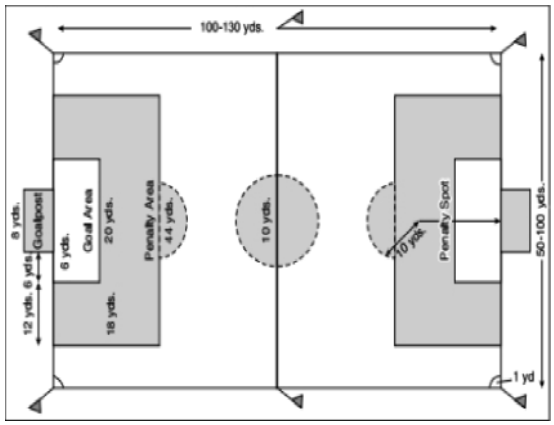
Ans : SQP 2019

The tie-breaker is applied when no team is able to score a goal during the normal duration and play of the match. In a tie-breaker, extra time is given to both the teams to play as a normal match and try to score a goal. In case the status remains the same even after extra time, then five penalty kicks are given to both the teams. Each team tries to score during the penalty kicks. The team scoring more penalty kicks is declared as the winner. The procedure of tie-breaker is applied to decide the result of the match.

126. Draw a diagram of a football field, labeling all dimensions.

Ans : SQP 2011

Refer to the diagram provided below for the detailed dimensions of a football field, including goal area, penalty area, penalty spot, and overall field measurements.



127. Explain the following:
(i) Off-side
(ii) Free-kick
(iii) Heading
(iv) Passing

Ans : COMP 2008

(i) Off-side : A player is off-side if they are closer to the opponent's goal line than two defenders when the ball is passed to them, except when in their half or level with the second-last defender.
(ii) Free-kick : A kick awarded to a team after an offence, taken from the spot where the infringement occurred.
(iii) Heading : The act of using the head to direct the ball toward a specific target, such as passing or scoring a goal.
(iv) Passing : Transferring the ball to a teammate using any part of the body except the hands and arms.

128. State the following:
(i) Duration of a football match (men and women)
(ii) Substitution allowed in a match
(iii) Officials for conducting a football match
(iv) Duration of extra time

Ans : COMP 2017

(i) The duration of the match is divided into two equal halves of 45 minutes each for men and 30 minutes for women.
(ii) A substitution is allowed if any player of the team has been injured or shown a red card by the referee. In case the team has used the maximum limit of three substitutions and still a player gets injured or gets a red card, then the team plays with one player short on the field.

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(iii) The officials needed for conducting the match are a referee and an assistant referee.
(iv) The duration of extra time is divided in two equal halves of 15 minutes each.

129. Explain the following terms:
(i) Corner arc
(ii) Ball in play
(iii) Penalty mark
(iv) Goal kick

Ans : MAIN 2015

(i) Corner arc : A quarter circle with a radius of 1 meter drawn at each corner of the field.
(ii) Ball in play : The ball is considered in play when it rebounds from the crossbar, referee, or other players without crossing the boundary lines.
(iii) Penalty mark : A point located 12 yards from the goal line where penalty kicks are taken.
(iv) Goal kick : Awarded when the attacking team sends the ball over the goal line outside the goalposts. It is taken from the goal area by the defending team.

130. Explain the following terms in football:
(i) An expulsion
(ii) A warning
(iii) Injury time
(iv) A throw-in

Ans : MAIN 2014

(i) An expulsion : A player is expelled (red card) and removed from the field for a serious offence.
(ii) A warning : A yellow card shown to a player as a caution for misconduct.
(iii) Injury time : Additional time added to the game for the time lost due to player injuries.
(iv) A throw-in : A method of restarting play when the ball crosses the touch line. It is thrown in by a player with both feet on the ground and the ball thrown overhead.

131. Write the following:
(i) Length and breadth of the field.
(ii) Duration of the match and duration of extra time.
(iii) Breadth and height of the goal post.
(iv) Radius of the centre circle and corner arc.

Ans : SQP 2005

(i) Length of the field : 90–120 m
Breadth of the field : 45–90 m
(ii) Match duration : Two halves of 45 minutes each.
Extra time : Two halves of 15 minutes each.
(iii) Breadth of the goal post : 7.32 m
Height of the goal post : 2.43 m
(iv) Radius of the centre circle : 9.15 m
Radius of the corner arc : 1 m

132. Write the following:
(i) Weight and circumference of the ball.
(ii) Minimum and maximum number of players to begin the match.
(iii) State the full form of FIFA.
(iv) The distance of the penalty point from the goal line and the height of the corner flags.

Ans : COMP 2012

(i) Weight of the ball : 410–450 g.
Circumference : 68–70 cm.
(ii) Minimum players : 7, Maximum players : 11
(iii) FIFA stands for "Federation International de Football Association."
(iv) Distance of penalty point from the goal line : 11 m.
Height of corner flag : 1.5 m.

133. Explain the following:
(i) A goal scored.
(ii) A tie-breaker.
(iii) Sudden death.
(iv) Any fundamental skills of football.

Ans : MAIN 2014

(i) A goal is scored when the ball crosses the goal line from below the crossbar and between the goalposts.
(ii) A tie-breaker is applied when no team scores a goal during the normal duration and play of the match. Extra time is given to both teams to try and score. If the status remains unchanged, five penalty kicks are awarded to each team. The team scoring more penalties is declared the winner.
(iii) Sudden death occurs when no team scores a goal even during a tie-breaker. Alternate penalty kicks are given to each team until one team scores while the other does not.
(iv) Fundamental skills of football include kicking, dribbling, tackling, and passing.

134. Define ball in play and out of play.

Ans : COMP 2012

Ball in play : The football is considered in play when it is inside the boundaries of the field and has not been stopped by the referee.

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(i) Why was a direct free kick awarded even though the defender won the ball?
(ii) If the foul had occurred inside the penalty area, what would be the referee's decision?

Ans : SQP 2004

(i) A tackle is considered a foul if it endangers an opponent, even if the ball was won. If the follow-through causes a trip, the referee may award a direct free kick and possibly a yellow card depending on the severity of the contact.
(ii) A penalty kick would be awarded to the attacking team, as a direct free kick foul inside the penalty area results in a penalty.

145. In a match between Blazing Hawks and Silver Warriors, a Silver Warriors defender deliberately passed the ball back to their goalkeeper, who picked it up with their hands. The referee awarded an indirect free kick to Blazing Hawks.
(i) Why was an indirect free kick awarded against the goalkeeper?
(ii) If the defender had headed the ball back to the goalkeeper and the goalkeeper picked it up, would this still be an offense?

Ans : COMP 2009

(i) According to the rules, a goalkeeper cannot handle the ball if it was deliberately passed to them by a teammate using their foot. The restart is an indirect free kick from the spot where the goalkeeper touched the ball.
(ii) No, a goalkeeper is allowed to handle the ball if it comes from a header, chest pass, or deflection by a teammate.

146. In a match between Sky Falcons and Thunderbolts, a Sky Falcons player took a penalty kick, but before they struck the ball, a teammate entered the penalty area. The ball was scored, but the referee disallowed the goal.
(i) Why was the goal disallowed?
(ii) What would happen if a defender entered the penalty area before the kick was taken?

Ans : MAIN 2002

(i) If an attacking player enters the penalty area before the ball is kicked, the goal is disallowed, and the penalty is retaken if it was scored. If the penalty was missed, the defending team is awarded an indirect free kick.
(ii) If a defender encroaches and the penalty is scored, the goal stands. If the penalty is missed, it must be retaken.

147. During a match between Ocean Sharks and Storm Chasers, an Ocean Sharks midfielder accidentally touched the ball with their hand outside the penalty area while attempting to control it. The referee awarded a direct free kick to Storm Chasers.
(i) Why was a direct free kick awarded for an accidental handball?
(ii) If the same handball occurred inside the penalty area, what would be the referee's decision?

Ans : SQP 2017

(i) In open play, if a player's hand or arm is in an unnatural position and they touch the ball, it is considered a handball offense. A direct free kick is awarded from the spot of the foul.
(ii) If the referee deems the handball deliberate inside the penalty area, a penalty kick is awarded to the opposing team.

148. In a match between Blazing Comets and Iron Giants, Blazing Comets attempted to make a substitution, but the new player entered the field before the outgoing player had completely left. The referee stopped play and issued a yellow card.
(i) Why was play stopped and a yellow card issued?
(ii) How does play restart after such an incident?

Ans : COMP 2013

(i) According to substitution rules, a new player cannot enter the field until the outgoing player has completely left. Entering the field too early is considered an infringement, resulting in a yellow card.
(ii) The opposing team is awarded an indirect free kick from the spot where play was stopped.

149. During a match between Lunar Knights and Phantom Strikers, a Phantom Strikers player took a direct free kick, but instead of passing forward, they accidentally kicked it backward into their own goal. The referee awarded a corner kick instead of a goal.
(i) Why was a corner kick awarded instead of a goal?
(ii) What would happen if the same mistake occurred during an indirect free kick?

Ans : MAIN 2011

(i) An own goal cannot be scored directly from a free kick. If a direct free kick enters the team's own goal without touching another player, a

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played. According to football rules, a player is offside if they are closer to the opponent's goal line than both the ball and the second-last defender at the moment the pass is made, and they become actively involved in the play.

(ii) No, a player cannot be offside when receiving the ball directly from a goal kick, throw-in, or corner kick. In these situations, play continues even if the player is ahead of the last defender.

140. In a match between Blazing Comets and Shadow Lynx, the Blazing Comets' goalkeeper took a goal kick, but the ball did not leave the penalty area before they touched it again. The referee immediately blew the whistle and stopped play.

(i) Why was the game stopped when the goalkeeper touched the ball again?

(ii) What would happen if another teammate touched the ball inside the penalty area before it left?

Ans : MAIN 2020

(i) The game was stopped because the ball must leave the penalty area before it is considered in play. If the goalkeeper touches it again before it exits the penalty area, the goal kick must be retaken.

(ii) The goal kick would still be retaken, as the ball is not in play until it completely leaves the penalty area.

141. During a match between Steel Rangers and Golden Falcons, a Steel Rangers defender accidentally touched the ball with their hand inside their penalty area while trying to clear it. The referee did not award a penalty, and the Golden Falcons players protested.

(i) Why was a penalty not awarded despite the ball touching the defender's hand inside the penalty area?

(ii) If the defender had deliberately moved their hand toward the ball to stop an attack, what would be the correct decision?

Ans : SQP 2022

(i) A penalty is awarded for deliberate handball, but in this case, the handball was accidental and the player's arm was in a natural position. According to the rules, not all handball situations inside the penalty area result in a penalty.

(ii) A penalty kick would be awarded to the opposing team, and the defender could also receive a yellow card or even a red card if it denied an obvious goal-scoring opportunity.

142. During a match between Ocean Sharks and Frozen Titans, an Ocean Sharks player took an indirect free kick near the opponent's goal and kicked the ball directly into the net without any player touching it. The referee awarded a goal kick to Frozen Titans.

(i) Why was a goal kick awarded instead of a goal?

(ii) What would happen if the ball had gone directly into the kicker's own goal from the indirect free kick?

Ans : COMP 2007

(i) A goal cannot be scored directly from an indirect free kick. The ball must touch another player before a goal is awarded. Since no one touched the ball before it entered the net, the defending team (Frozen Titans) was awarded a goal kick.

(ii) If the ball entered the kicker's own goal without touching another player, a corner kick would be awarded to the opposing team.

143. In the final match between Titan Strikers and Lunar Blazers, the score remained tied even after extra time, leading to a penalty shoot out. After five penalty kicks, both teams still had the same score.

(i) What happens next when the penalty shoot out remains tied after five penalty attempts per team?

(ii) Can the same player take two penalty kicks in a penalty shoot out?

Ans : MAIN 2003

(i) The score remains tied after five penalty kicks per team, the match proceeds to sudden death penalties. In sudden death, each team takes one penalty kick at a time, and the first team to score while the other team misses is declared the winner.

(ii) No, all eligible players on the field must take a penalty before any player is allowed to take a second attempt.

144. During a match between Desert Scorpions and Glacier Titans, a Desert Scorpions defender performed a sliding tackle and won the ball cleanly, but their follow-through tripped the opposing player. The referee awarded a direct free kick to Glacier Titans.

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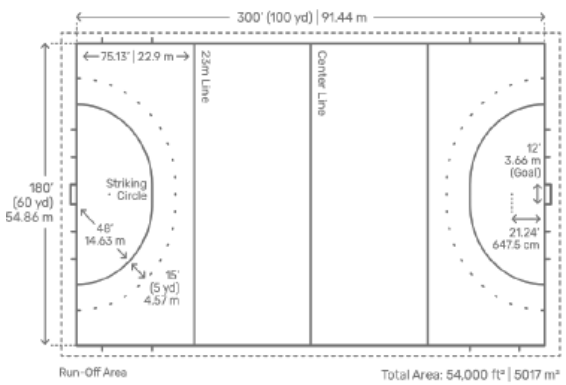
line between the goalposts after being touched by a hockey stick from either team inside the goal circle.

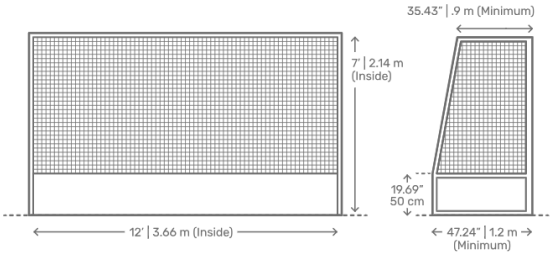
10. MATCH RESULT

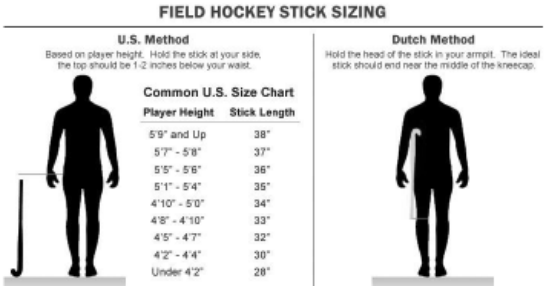
1. The team with more goals wins the match.
2. If both teams score an equal number of goals or fail to score, the match is declared a draw.

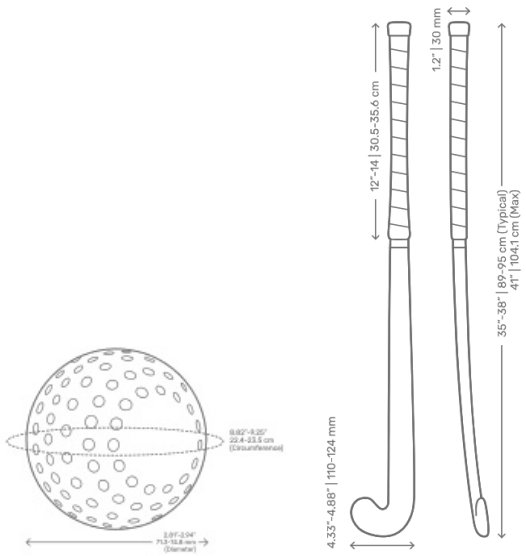
11. IMPORTANT DIMENSIONS OF A HOCKEY FIELD AND EQUIPMENT

Category	Measurement
Number of players per team	11 + 5 (extra)
Number of officials	4 (2 Umpires, 1 Video Umpire, 1 Match Referee)
Match duration	2 halves of 35 minutes each
Interval duration	5 to 10 minutes
Shape of field	Rectangle
Field length	91.40 meters
Field breadth	54.86 meters
Hockey stick length	41 inches (105 cm)
Hockey stick weight (Men)	28 ounces
Hockey stick weight (Women)	23 ounces
Ball circumference	8 to 9 inches
Ball weight	5.25 to 5.75 ounces
Goalpost height	7 feet (2.14 meters)
Goalpost length	4 yards (3.66 meters)
Goal board height	18 inches (460 mm)
Distance of 'D' from end line	16 yards
Penalty stroke distance	7 yards
Dotted shooting circle distance	21 yards
Depth of backboard	4 inches
Flag post height	1.2 to 1.5 meters






FIELD HOCKEY STICK SIZING
U.S. Method
Based on player height. Hold the stick at your side, the top should be 1-2 inches below your waist.
Common U.S. Size Chart
Player Height | Stick Length
5'9" and Up | 38"
5'7" - 5'8" | 37"
5'5" - 5'6" | 36"
5'1" - 5'4" | 35"
4'10" - 5'0" | 34"
4'8" - 4'10" | 33"
4'5" - 4'7" | 32"
4'2" - 4'4" | 30"
Under 4'2" | 28"
Dutch Method
Hold the head of the stick in your armpit. The ideal stick should end near the middle of the kneecap.



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12. WHISTLE SIGNALS FOR GAME EVENTS

Umpires blow the whistle to indicate:

1. Start of the match
2. Restart of the match
3. Halftime
4. Foul
5. Penalty corner
6. Substitution of players
7. End of the match
8. Stopping the match
9. Goal scored
10. Penalty stroke
11. Start of a bully

corner kick is awarded to the opposing team.

(ii) The outcome would be the same—a corner kick is awarded to the opposing team.

150. During a match between Golden Eagles and Frost Wolves, the referee stopped the game for an injury. When play resumed, the referee used a drop ball.

(i) Who is awarded the drop ball when play resumes?

(ii) What happens if a drop ball occurs inside the penalty area?

Ans : SQP 2016

(i) The drop ball is awarded to the team that last touched the ball before play was stopped. Only one player can contest the drop ball, and opponents must stand 4 meters away.

(ii) If play is restarted inside the penalty area, the ball is dropped only to the goalkeeper, and all other players must stay outside the penalty area.

151. During a match between Crimson Panthers and Azure Blades, a Crimson Panthers player took a corner kick, but the ball curled and went directly into the goal without touching anyone. The referee awarded the goal.

(i) Why was the goal allowed even though no one touched the ball?

(ii) What would happen if the ball had curled into the kicker's own goal?

Ans : COMP 2014

(i) A goal can be scored directly from a corner kick without needing another player to touch the ball. Since the ball entered the goal legally, the goal was awarded.

(ii) A corner kick would be awarded to the opposing team instead of an own goal.

152. In a knockout match between Shadow Hawks and Titan Warriors, the score remained tied at full time. The referee announced extra time.

(i) How long is extra time, and what happens if the score is still tied?

(ii) Can teams make substitutions during extra time?

Ans : MAIN 2008

(i) Extra time consists of two halves of 15 minutes each (30 minutes total). If the score is still tied after extra time, the match proceeds to a penalty shoot out to determine the winner.

(ii) Yes, teams are allowed to make one additional substitution during extra time, even if they have already used their normal substitutions.

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CHAPTER 11

HOCKEY

SUMMARY

1. HISTORY OF HOCKEY

1. Hockey is believed to have originated in Egypt around 2050 BC, as a hockey-related image was discovered in a mosque there.
2. Historical evidence suggests that Persians played a similar game while riding horses, using long hockey-like sticks and a wooden ball.
3. The game spread from the Persians to Greece, then to the Romans, and eventually reached England.
4. Some British historians claim that a stick-and-ball game was already popular in England before Christ.
5. In 1871, the oldest hockey club, known as "Teddington," was established.
6. The first recorded hockey match took place in 1874 between Teddington Club and Richmond Club.
7. The "English Hockey Association" was founded in London in 1875.
8. The letter "D" was introduced for the first time in a hockey match in 1876.
9. In 1883, the Wimbledon Hockey Club developed the official rules for hockey.
10. In 1886, these rules were formally recognized by the Hockey Association.
11. Hockey has been played at the international level since the 19th century.
12. The first recorded international hockey match was played between Wales and Ireland in 1895.
13. Hockey was included in the Olympic Games in 1908 and again in 1920.
14. The International Hockey Federation (FIH) was established in 1924.
15. Since 1928, hockey has been a regular part of the Olympic Games.
16. England is credited with popularizing the sport and is often regarded as its originator.
17. In 1885-86, the British established a hockey club in Calcutta, introducing the game to India.
18. Several more hockey clubs were later formed in Bombay and Punjab.
19. The Bengal Hockey Association and Sindh Hockey Club were established in 1908 and 1920, contributing to the sport's popularity in India.
20. India first participated in the Olympics in 1928 and won a gold medal.
21. Hockey became part of the Asian Games in 1958.
22. The Men's World Cup Hockey began in 1971, followed by the Women's World Cup Hockey in 1974.
23. Some of the most renowned hockey teams in the world include Australia, India, Germany, Holland, France, Pakistan and England.

2. HOCKEY – THE GAME

1. Hockey is a timed game played between two teams with 11 players on each side.
2. The game consists of two goalposts at either end of the field, a hockey stick and a ball (or puck).
3. Teams aim to score goals by moving the ball with the hockey stick into the opponent's goalpost.

3. STRATEGY AND TACTICS OF HOCKEY

1. Strategy involves planning the game while considering the strengths and weaknesses of both teams.
2. Tactics are real-time adjustments made during the match based on the strategy.
3. The strategy depends on team performance and individual player skills, but speed is a crucial factor in modern hockey.
4. The strategy is decided immediately after the coin toss.
5. The team winning the toss usually chooses which goalpost to defend, considering ground

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conditions and wind direction.
6. The other team starts with a center pass.
7. Before the game starts, the team decides on formations and player positions.
8. Strategies may change during the game to adjust to the opponent's game play.
9. Depending on player skills, a team may follow either an offensive or defensive strategy.

4. PLAY FIELD

1. The longer boundary lines are called sidelines, while the shorter ones are called back lines.
2. The halfway line (center line) divides the field into two halves.
3. Flag posts are placed at all four corners of the field.
4. All field markings are white and 75 mm wide.

5. GOALS

1. The goalposts are positioned at the center of the back line, just outside the field.
2. The goalposts and boards are attached to the nets.
3. Goalposts and goal lines must always be white.

6. TEAM RULES

1. Players cannot be substituted during a penalty corner or penalty stroke.
2. Teams are allowed unlimited substitutions during the match.
3. A substitute player can only enter the field once the original player exits.
4. The match clock does not stop for substitutions, except for the goalkeeper.

7. START OF PLAY

1. A coin toss decides which team gets to choose the goalpost for the first half or start with the center pass.
2. Teams switch goalposts at halftime.

8. RULES FOR CENTER PASS

1. The center pass is taken from the middle of the field, and the ball can be played in any direction.
2. All players must remain in their respective halves, except for the player taking the center pass.

9. HOCKEY RULES AND IMPORTANT DIMENSIONS

Field hockey is played under the rules set by the International Hockey Federation (FIH).

9.1 Rules for Bully

1. A bully is taken at the nearest position of the ball when the match was interrupted.
2. It cannot be taken from within 15 meters of the back line.

9.2 Rules for Free-hit

1. A free hit is awarded when an offense is committed by a player between the 23 meter areas.
2. It is given in two situations:
3. If the offense is committed by the attacking team within 23 meters of the defending team.
4. If the defending team commits an unintentional offense within 23 meters but outside their goal circle.

9.3 Rules for Penalty Corner

1. A penalty corner is awarded for an intentional offense by a defender within 23 meters of their goal area.
2. It is also awarded when:
3. A defender intentionally plays the ball over the back line.
4. The ball gets caught in the equipment or clothing of a defender inside the circle.

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9.4 Rules for Penalty Stroke

1. A penalty stroke is awarded for an intentional offense by a defender inside their goal circle.
2. The offense must prevent a goal to warrant a penalty stroke.

9.5 Ball Out of Play

A ball is considered out of play when it crosses the back line or sideline. The match is restarted as follows:

1. If the ball crosses the sideline, play restarts from the point where the ball went out.
2. If the ball crosses the back line last touched by an attacker, play restarts within 15 meters from where it crossed.
3. If the ball crosses the back line last touched unintentionally by a defender or goalkeeper, play restarts within 5 meters on the sideline nearest to the back line exit point.
4. If the ball crosses the back line last touched intentionally by a defender or goalkeeper, a penalty corner is awarded to the attacking team.

9.6 Scoring

A goal is declared when the ball crosses the goal

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15.3 Dribbling Techniques

1. Straight Dribble : The ball remains in constant contact with the player's stick, allowing better control and protection from opponents.
2. Loose Dribble : Similar to the straight dribble, but the player taps the ball forward while sprinting instead of maintaining constant contact.
3. Indian Dribble : A useful dribbling technique involving a 180-degree rotation of the stick using the left hand, while the right hand remains loose for control.
4. The player pushes the ball to the left, then quickly rotates the stick and moves the ball to the right, confusing opponents.
5. Dribbling Pull-Back : Executed alongside a straight dribble. While dribbling, the player rotates the stick to the front of the ball and pulls back before continuing forward.
6. Right Hand Dribble : Uses only the right hand and can be performed only when the player is on the right side of the field. The sideline acts as a shield for the ball.
7. Reverse Side Dribble : Similar to the one-handed right-hand dribble, but executed only on the left side of the field.

15.4 Hitting a Stationary Ball

1. Both hands should be close together towards the top of the stick.
2. The grip on the hockey stick should be firm.
3. The left foot should be at least one foot away and positioned behind the left side of the ball.
4. Elbows must be bent and wrists locked while swinging the stick back before hitting.
5. The ball should be hit hard and forward.

15.5 Hitting a Moving Ball

1. The left foot should be as close as possible to the moving ball.
2. The hockey stick should be lifted back before striking.
3. The ball should be hit hard and in the forward direction.

16. GOAL KEEPING IN HOCKEY

Goal keeping techniques are used to prevent the opposing team from scoring goals.

17. KEY TERMINOLOGY IN HOCKEY

1. Forehand : A shot taken from the front side of the hockey stick blade.
2. Playing Distance : The range within which a player can effectively play the ball.
3. Tackle : The technique used to steal the ball from an opponent.
4. Back Stick : A shot taken from the back side of the stick blade.
5. Dangerous Play : Any action that could cause injury, such as pushing, tripping, or raising the ball towards an opponent who is less than five yards away.
6. Obstruction : A penalty for using the body or stick to block an opponent's movement.
7. "Third-party obstruction" occurs when a player blocks an opponent to allow a teammate to play the ball.
8. Raised Ball : Flicking, scooping, or chipping the ball into the air is legal. However, undercutting or hitting that leads to dangerous play results in a penalty.
9. Reverse Stick : Rotating the stick so that the blade faces right, allowing for a hit or push in that direction.
10. Push : A short, accurate pass, often used when time is limited.
11. Scoop : A method of lifting the ball by leveraging the stick underneath and flinging it into the air.

18. HOCKEY SKILLS AND GOVERNING BODIES

1. Advantage Flick : A pass or shot using the wrists to generate force behind the ball, raising it off the ground.
2. High Ball : A shot that makes the ball rise above waist height, potentially dangerous for players.
3. Shooting Circle : The marked area on the ground from where a penalty hit is taken.
4. Under Cutting : A penalty given when a player swings the stick hard under the ball, causing it to rise dangerously.
5. Jab : A technique of poking repeatedly at the ball to disrupt the attacking player's control.
6. Give-and-Go : A passing technique where a player passes the ball and immediately sprints forward to receive a return pass.
7. Centre Pass : A pass from midfield used to start each half and after every goal.
8. Back Pass : A defensive pass where the ball is played backward to help the attacking team restructure their offense.
9. Reverse Hit : A shot played towards teammates at the back.

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13. MATCH SUSPENSION AND PLAYER CONDUCT

1. The referee has the authority to suspend or terminate the match in case of irregularities.
2. Players who intentionally injure opponents may be penalized.

14. DUTIES IN HOCKEY

14.1 Duties of a Match Referee

1. Ensures that all rules are followed during the game.
2. Checks that the hockey sticks, ball and goalposts meet the required specifications.
3. Keeps an official record of the time.

14.2 Duties of Umpires

1. Control the match.
2. Ensure that the game is played according to the rules.
3. Provide fair and unbiased judgment for plays within their half of the field.
4. Use different colored cards to indicate various fouls.
5. Maintain written records of:
   (i) Goals scored
   (ii) Goals awarded
   (iii) Warnings
   (iv) Suspensions

14.3 Duties of a Video Umpire

1. Appointed only for international matches.
2. Limited to advising whether a goal has been scored or not in accordance with the rules.
3. Provides advice only when requested by the field umpires or any team player.

14.4 Duties of a Captain

1. Wears an armband or an article on the upper arm to be distinguished from other players.
2. Responsible for the overall behavior of team players.
3. Ensures that the game is played in a healthy competitive and fair manner.
4. Ensures that player substitutions follow the rules.
5. A replacement captain, appointed when the captain is suspended, carries out the same duties.

14.5 Duties of a Goalkeeper

1. The goalkeeper can leave the 23 meter area only in extreme situations.
2. Can use their hockey stick, feet, legs, leg guards, and kickers to stop and deflect the ball in another direction when inside their defending circle.
3. If wearing full protective equipment, the goalkeeper may use hands, arms, or other body parts to stop or deflect the ball inside the defending circle.
4. Should not stand or lie on the ball at any time.

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14.6 Duties of Players

1. Players must use the hockey stick only for play, not for attacking or defensive purposes.
2. Must not hold the stick dangerously.
3. Must not interfere with or touch other players, their clothing, or sticks.
4. Must only play the ball with the front of the stick.

15. GAME SKILLS IN HOCKEY

15.1 Passing Techniques

1. Push : The most effective way to pass the ball over 10 m - 15 m.
2. Drive : A strong hit using a swinging motion of the hockey stick.
3. Sweep : A shot played with a sweeping motion of the stick, directed behind the player.

15.2 Trap Techniques

1. Upright Stop : Stopping the ball using the hockey stick in a vertical or near-vertical position.
2. Flat Stop : Stopping the ball using the hockey stick in a horizontal position.

Ball out of play : The football is considered out of play when it crosses the boundary lines (even in the air) or the referee stops the game for any reason.

135. Explain the procedure of changing the position of the goalkeeper with a player.

Ans : MAIN 2020

Procedure to change the position of the goalkeeper with a player:
According to Law 3 of FIFA Laws of the Game, any player may change positions with the goalkeeper. However, the referee must be informed of the change. The change must be made during a stoppage in play, ensuring no interruptions to the game flow.

136. Draw a neat diagram of the penalty area giving the measurements of the following:
(i) Goal area
(ii) Penalty area
(iii) Penalty arc
(iv) Penalty spot from the goal line

Ans : COMP 2015

Diagram : Refer to the diagram in revision notes.
Measurements:
(i) Goal area : 6 yards from the goalpost.
(ii) Penalty area : 18 yards from the goalpost.
(iii) Penalty arc : A radius of 9.15 m is drawn at the penalty spot.
(iv) Penalty spot : Located 11 m away from the goal line.

CASE BASED QUESTION

137. During a crucial football match between Falcon Warriors and Storm Strikers, a Storm Strikers player attempted a throw-in near the opponent's penalty area. However, the ball went directly into the goal without touching any other player. The referee signaled for a goal kick, and the Storm Strikers players were confused by the decision.
(i) Why was a goal not awarded even though the ball entered the goal directly from the throw-in?
(ii) If the ball had entered the throwing team's own goal without touching another player, what would be the restart?

Ans : MAIN 2024

(i) According to football rules, a goal cannot be scored directly from a throw-in. The ball must touch another player before a goal is awarded. Since the ball entered the goal without any additional touch, the opposing team (Falcon Warriors) was awarded a goal kick.
(ii) If the ball had gone directly into the throwing team's own goal, a corner kick would have been awarded to the opposing team because an own goal cannot be scored directly from a throw-in.

138. In a high-stakes match between Iron Titans and Blazing Hawks, the goalkeeper from Blazing Hawks held the ball in their hands for more than 6 seconds while preparing for a pass. The referee immediately blew the whistle and awarded an indirect free kick to Iron Titans inside the penalty area.
(i) Why was an indirect free kick awarded to Iron Titans?
(ii) What would happen if the goalkeeper picked up a deliberate back-pass from their own teammate?

Ans : SQP 2021

(i) According to football laws, a goalkeeper cannot hold the ball in their hands for more than 6 seconds. If they do, an indirect free kick is awarded to the opposing team from the spot where the violation occurred inside the penalty area.
(ii) If the goalkeeper handled a deliberate back-pass from their own teammate, the referee would award an indirect free kick to the opposing team from the spot where the goalkeeper touched the ball.

139. During a match between Thunder Wolves and Crimson Blades, a Thunder Wolves forward received a pass while standing behind the last defender and scored a goal. However, the assistant referee raised the flag for offside, and the goal was disallowed.
(i) Why was the goal disallowed even though the player received the ball and scored successfully?
(ii) If the forward had received the ball from a goal kick, throw-in, or corner kick, would offside still apply?

Ans : COMP 2023

(i) The goal was disallowed because the forward was in an offside position when the ball was

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10. Rebound : A situation where the ball bounces off the boards or the goalkeeper's equipment.
11. Rusher : A player who carries the ball forward for an offensive play.
12. Long Corner : A free hit taken from the opponent's corner flag.
13. Through Pass : When an attacking team player passes the ball between defenders to a teammate.
14. Cross : A pass played in front of the opponent's goal to create a scoring opportunity (also called "centering").
15. 16-Yard Hit : A free hit given to the defense from 16 yards away after an offensive player hits the ball over the end line.

19. GOVERNING BODIES OF HOCKEY

1. Federation International de Hockey (FIH)
   (i) The international governing body for field hockey and indoor hockey.
   (ii) Responsible for major international tournaments in field hockey.
2. Indian Hockey Federation (IHF):
   (i) The Indian branch of the International Hockey Federation.
   (ii) The apex governing body for field hockey in India.

20. MAJOR HOCKEY TOURNAMENTS

1. National Tournaments
   (i) All India Gurmeet Memorial Hockey Tournament – Chandigarh.
   (ii) All India Chhatrapati Shivaji Hockey Tournament – Delhi.
   (iii) All India Indira Gold Cup Hockey Tournament – Jammu.
2. International Tournaments
   (i) Sultan Azlan Shah Hockey Tournament
   (ii) World Hockey Cup
   (iii) Champions Trophy

TWO MARKS QUESTIONS

1. Upon receiving which colour card should a player receive a warning but continue playing without any suspension?

Ans : SQP 2021

A player who receives a green card is given a formal warning for a minor offense. This serves as an indication that their behavior or action was inappropriate but does not lead to any immediate suspension from the game. The player remains on the field, and their team continues with full strength. However, repeated offenses after receiving a green card may result in a more severe penalty, such as a yellow or red card.

2. Which colour card results in a player being temporarily suspended for 5 minutes, during which their team will play with one less player?

Ans : MAIN 2023

A yellow card results in a temporary suspension of the player for at least 5 minutes, depending on the severity of the offense. During this period, the player's team will have to continue with one less player on the field, which can be a disadvantage in a competitive match. The umpire decides the duration of the suspension based on the nature of the foul. If the player commits another serious offense after returning, they may receive another yellow card or even a red card, which leads to permanent suspension.

3. What happens when a player receives a red card in a hockey match?

Ans : COMP 2020

When a player is shown a red card, they are immediately and permanently suspended from the match. This means they must leave the field of play, and their team will have to continue with one fewer player for the remainder of the game. The red card is the most severe punishment in hockey and is typically given for serious offenses such as violent conduct, dangerous play, abusive language towards officials, or repeated misconduct. In addition, a red card may lead to further disciplinary action, such as suspension from future matches.

4. Explain the term Back Stick in hockey.

Ans : MAIN 2024

Back Stick is a rule violation.
(i) A player is penalized for striking the ball using the rounded back of the hockey stick.
(ii) It is also considered hockey stick interference when a player intentionally or unintentionally hits an opponent's stick.

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(f) If the ball crosses the back line intentionally by a defender or goalkeeper, a penalty corner is awarded.

36. Answer the following:
(i) Dimensions of the play field.
(ii) Match duration for men and women.
(iii) Weight of the ball and distance of penalty mark.
(iv) Goal post dimensions and shooting circle distance.

Ans : MAIN 2022

(i) Play field Dimensions : 100 yards × 60 yards
(ii) Match Duration:
  (a) Men : Two halves of 35 minutes each (5 to 10 minutes interval)
  (b) Women : Two halves of 35 minutes each (5 to 10 minutes interval)
(iii) Ball Weight and Penalty Mark Distance:
  (a) Ball : 156-163 grams
  (b) Penalty mark distance : 6.40 meters
(iv) Goal Post and Shooting Circle Dimensions:
  (a) Goal Post : 7 feet × 12 feet
  (b) Shooting Circle Distance : 16 yards

37. Answer the following:
(i) Explain the term corner push.
(ii) List three situations when a penalty stroke is awarded.
(iii) What are some basic compulsory equipment required in hockey?

Ans : SQP 2007

(i) Corner Push : A technique used for attacking play during penalty corners where the ball is pushed into play.
(ii) Three Situations for a Penalty Stroke:
  (a) Intentional foul by a defender inside the circle when the opponent has possession of the ball.
  (b) Defenders crossing the back line without referee permission during a penalty corner.
  (c) Intentional foul by a defender inside the circle to prevent a goal.
(iii) Compulsory Equipment in Hockey:
  (a) Helmet
  (b) Neck guard
  (c) Shoulder pad
  (d) Elbow pad
  (e) Hockey stick

38. Answer the following:
(i) What is meant by a sideline hit?
(ii) Mention any three situations when a penalty corner is said to be complete.
(iii) List any six basic equipment worn by a hockey goalkeeper.

Ans : COMP 2003

(i) Sideline Hit : Occurs when a stationary or slow-moving ball is lifted off the ground using a slow movement of the stick, with the stick head placed slightly under the ball.
(ii) Three Situations When a Penalty Corner is Complete:
  (a) When the defending team clears the ball out of the shooting circle.
  (b) When the attacking team loses possession.
  (c) When the ball goes out of play.
(iii) Six Essential Goalkeeper Equipment:
  (a) Helmet
  (b) Shoes
  (c) Leg guard
  (d) Chest guard
  (e) Thigh pad
  (f) Hand protectors

39. Define the following terms:
(i) Scoop
(ii) Hit
(iii) Tackle
(iv) Dangerous Play

Ans : MAIN 2024

(i) Scoop : In field hockey, a scoop is a technique used to lift the ball off the ground using a curved motion of the stick. It is often used to pass the ball over an opponent's stick or to make aerial passes.
(ii) Hit : A hit in field hockey refers to striking the ball with a swinging motion of the stick. It is used for passing, shooting at goal, or clearing the ball from the defensive area. Hits can be classified as drive, slap shot, or push pass depending on the technique and power applied.
(iii) Tackle : A tackle in field hockey is a defensive move used to gain possession of the ball from an opponent. Tackling can be done using techniques such as jab tackle (poking the ball away), block tackle (placing the stick firmly in front of the opponent), and reverse stick tackle. A tackle must be executed cleanly without making physical contact with the opponent.

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toward officials. The player may also face further consequences, such as suspension from future matches or additional penalties.

12. Which colour card is usually given for misconduct but does not lead to an immediate suspension?

Ans : SQP 2017

A green card is typically given for minor misconduct and serves as an official warning to the player. It does not result in an immediate suspension, meaning the player can continue participating in the game. However, repeated offenses after receiving a green card may lead to more severe penalties, such as a yellow or red card. Green cards are used by umpires to maintain discipline and ensure players follow the rules without disrupting the flow of the game.

13. A player commits a reckless foul that endangers an opponent. The umpire considers the offense too serious for a green card but not severe enough for a red card.
Which card should be issued, and what are its consequences?

Ans : MAIN 2011

The umpire should issue a yellow card, which results in a temporary suspension. The player must leave the field for a minimum of 5 minutes, but the suspension can be longer depending on the seriousness of the foul. During this period, the team plays with one less player, which can put them at a disadvantage.

14. During a hockey match, a player receives a yellow card for a dangerous tackle. A few minutes after returning to play, the same player commits another serious foul.
What action should the umpire take, and what will happen to the player?

Ans : SQP 2016

If a player receives a second yellow card in the same match, it often results in a red card, leading to permanent suspension from the game. The player must leave the field immediately, and their team must play with one less player for the remainder of the match. Further disciplinary action, such as a ban for future matches, may also be applied.

15. A hockey player deliberately strikes an opponent with their stick in frustration. The umpire considers this violent conduct.
Which card should be issued, and what are its implications?

Ans : COMP 2014

A red card should be issued because violent conduct is a serious offense. The player is permanently suspended from the match and cannot be replaced, meaning their team must continue with one fewer player. Additionally, the player may face disciplinary action, such as suspension from future matches or additional fines, depending on the tournament rules.

16. A team has a player who is shown a yellow card and must leave the field. While they are serving their suspension, another player from the same team receives a red card.
How does this affect the team's playing strength?

Ans : MAIN 2008

The team will have two players off the field simultaneously—one serving a temporary suspension (yellow card) and the other permanently removed (red card). This means they will be at a numerical disadvantage until the yellow-carded player's suspension period ends. However, the team will remain one player short for the rest of the game due to the red card.

17. If a player intentionally delays the restart of play, which card can the umpire issue as a warning?

Ans : SQP 2006

The umpire can issue a green card as a formal warning for delaying play. This signals that the player must adhere to the game's flow and avoid further delays. If the player continues such behavior, the umpire may escalate to a yellow card, resulting in a temporary suspension.

18. A player receives a yellow card for a dangerous challenge and leaves the field. Can they return after their suspension and how does it impact their team?

Ans : COMP 2001

Yes, a player who receives a yellow card can return to the game after serving their minimum 5 minute suspension. During the suspension period, their team plays with one fewer player, but once the suspension is over, the player can rejoin, and the team returns to full strength.

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5. Which colour card serves as a formal caution for minor offenses but does not result in immediate suspension?

Ans : SQP 2022

A green card is used as a formal warning for a minor rule violation or misconduct. The player who receives a green card does not have to leave the field or serve any suspension but is officially cautioned for their actions. The umpire uses a green card to signal that further violations could result in harsher penalties. While it does not directly impact the team's numbers on the field, accumulating green cards in a tournament could lead to disciplinary actions.

6. How long is a player suspended from the game upon receiving a yellow card in field hockey?

Ans : COMP 2007

A player who is given a yellow card is suspended from the game for at least 5 minutes. The actual suspension time can be longer depending on the severity of the foul, as determined by the umpire. During this period, the player must stay off the field, and their team will have to play with one less member. This temporary suspension can impact the team's strategy and performance, especially if it happens at a crucial moment in the match. Players are expected to return to the game only when the umpire allows them back after their suspension time is over.

7. Which card signifies the most severe punishment in a field hockey match?

Ans : MAIN 2003

The red card is the most severe punishment in a field hockey match. When a player receives a red card, they are permanently removed from the game and cannot be replaced, meaning their team must continue with one player less for the remainder of the match. Red cards are given for serious offenses, including dangerous fouls, violent conduct, or repeated acts of unsportsmanlike behavior. A player receiving a red card may also face additional disciplinary actions, such as suspension from future matches or fines, depending on the tournament rules.

8. In a hockey match, a player continuously argues with the umpire over a decision and shows dissent. The umpire decides to issue a card as a warning. Which colour card is most appropriate in this situation, and what does it signify?

Ans : COMP 2013

The player is likely to receive a green card, which serves as a formal warning for minor misconduct. It indicates that the player should control their behavior and that any further arguments or dissent could lead to more severe penalties, such as a yellow or red card. The green card does not result in suspension, but it serves as a reminder to respect the umpire's decisions.

9. What is the consequence of receiving two yellow cards in a single match?

Ans : SQP 2004

If a player receives two yellow cards in a single match, it usually results in an automatic red card, leading to their permanent suspension from the game. This means they must leave the field immediately, and their team must continue with one fewer player for the rest of the match. The reason for this rule is to prevent repeated infractions from disrupting fair play. Additionally, the player may face further disciplinary action, such as missing the next game or facing a fine, depending on the competition regulations.

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10. Which card is given for repeated fouls or dangerous play that warrants a temporary suspension?

Ans : COMP 2009

A yellow card is issued for repeated fouls, dangerous play, or unsportsmanlike behavior that is more serious than a minor offense but not severe enough for a red card. When a player receives a yellow card, they must leave the field and serve a temporary suspension, typically for 5 minutes or more. The umpire decides the length of the suspension based on the seriousness of the foul. A yellow card serves as a warning that further misconduct could lead to a red card, resulting in permanent removal from the match.

11. Can a player be substituted if they receive a red card during a match?

Ans : MAIN 2002

No, if a player receives a red card, they cannot be substituted, and their team must continue playing with one fewer player for the rest of the match. This means that their team will be at a numerical disadvantage, making it harder to compete effectively. The red card is the harshest disciplinary action in hockey and is reserved for serious violations such as violent conduct, excessive aggression, or disrespectful behavior

(iii) Red Card : Used for serious offenses.

30. Mention three procedures to be followed while taking a penalty stroke.

Ans : SQP 2010

Penalty Stroke Procedures:
(i) The player taking the penalty stroke must push the ball from the penalty spot.
(ii) The ball must be taken from at least 10 yards away from the goalpost.
(iii) The player must have at least one foot outside the field while taking the stroke.

31. List three instances when a penalty corner is awarded.

Ans : MAIN 2013

Three instances for a penalty corner:
(i) A defending player commits a foul inside the circle.
(ii) A defender plays the ball intentionally over the back line.
(iii) A goalkeeper or defender stops a goal illegally.

EIGHT MARKS QUESTIONS

32. Mention four situations where an umpire blows the whistle.

Ans : SQP 2011

Umpire blows the whistle in the following situations:
(i) Start of the match
(ii) Restart of the match
(iii) Stop the match
(iv) Halftime
(v) Goal scored

33. Answer the following:
(i) What is a green card in hockey?
(ii) Where must a goal be scored from?
(iii) What is a push in hockey?
(iv) What is the length of the longer perimeter line?

Ans : SQP 2021

(i) Green Card : Issued by the referee as a warning for dangerous play.
(ii) Goal Scoring Position : A goal must be scored from the semi-circular area in front of the goal post.
(iii) Push in Hockey : A technique where the stick remains in contact with the ball and the ground while pushing the ball forward.
(iv) Length of Longer Perimeter Line : 91.40 meters

34. Answer the following:
(i) Height of the flag posts.
(ii) Duration of the match for men and women.
(iii) Dimensions of the goal post.
(iv) Weight of the ball and the stick.

Ans : COMP 2023

(i) Height of Flag Posts : 1.20 to 1.50 meters
(ii) Match Duration:
  (a) Men : 60 minutes
  (b) Women : 45 minutes
(iii) Goal Post Dimensions:
  (a) Width : 3.66 meters
  (b) Height : 2.14 meters
  (c) Height of the goal backboard : 460 mm
(iv) Ball and Stick Weight:
  (a) Ball : 156 to 163 grams
  (b) Stick : 737 gm / 280 inches

35. Answer the following:
(i) When is a long corner awarded?
(ii) What is a penalty stroke?
(iii) When is the referee not allowed to count a goal?
(iv) What is meant by ball out of play?

Ans : COMP 2020

(i) Long Corner : Awarded if the foul is committed by an attacking player.
(ii) Penalty Stroke : Given when a team/player is disadvantaged due to an opponent's foul.
(iii) Referee Decision : A goal is not counted if it does not comply with the rules.
(iv) Ball Out of Play :
  (a) Occurs when the ball crosses the back line or sideline.
  (b) The match is restarted by the team that did not touch the ball last.
  (c) If the ball crosses the sideline, the restart happens where the ball exited.
  (d) If the ball crosses the back line last touched by an attacker, play resumes within 15 meters of the back line exit point.
  (e) If the ball crosses the back line unintentionally by a defender or goalkeeper, play resumes within 5 meters from the nearest sideline.

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(iii) Astro Turf
(iv) Sudden Death

Ans : COMP 2003

(i) Long Corner : Awarded when a foul is committed by an attacking player near the goal area.
(ii) Raised Ball : A ball that bounces into the circle due to a lofted stroke.
(iii) Astro Turf : An artificial hockey surface made of synthetic fiber. Water-based turf improves low side resistance (LSR) and shock absorbance, making it safe and smooth for players.
(iv) Sudden Death : If a hockey match ends in a tie, extra time is given with two 7.5 minute periods. The match ends as soon as one team scores.

46. What is the procedure to resume the game when the ball is played over the back line unintentionally by a defender?

Ans : MAIN 2021

Procedure to Resume the Game:
(i) Awarding the Long Corner : The umpire signals for a long corner when a defender unintentionally plays the ball over the back line.
(ii) Placement of the Ball : The ball is placed on the 23-meter line (formerly known as the 25-yard line), in line with where it crossed the back line.
(iii) Restart by the Attacking Team : The attacking team takes a free hit from this position.
(iv) Rules for Taking the Free Hit:
  (a) The ball must be stationary before play resumes.
  (b) Opponents must be at least 5 meters away from the ball.
  (c) The player taking the hit cannot directly play the ball into the shooting circle; it must first travel at least 5 meters or be touched by another player before entering the circle.

47. Name any four playing positions in hockey.

Ans : MAIN 2004

The four playing positions in hockey are:
(i) Forward
(ii) Half-back
(iii) Full-back
(iv) Goalkeeper

48. Explain the following terms:
(i) Side-line hit
(ii) Rolling substitution
(iii) A corner
(iv) A goal line

Ans : SQP 2009

(i) Side-line hit : A scooping move where the ball is lifted off the ground using a slow movement of the stick, with the stick head placed under the ball.
(ii) Rolling substitution : The continuous replacement of players throughout the game, provided each side has only 11 players on the field at a time.
(iii) Corner : A short corner is awarded when a defender commits a foul inside the defensive zone. A long corner is awarded when a foul is committed by an attacking player near the goal.
(iv) Goal line : The shorter boundary line (55 meters) between the goalposts.

49. Explain the following terms:
(i) Ball out of play
(ii) Advantage
(iii) Yellow card
(iv) Flick

Ans : COMP 2002

(i) Ball out of play : When the ball crosses the back line or sideline, play is restarted by the opposing team (the team that did not last touch the ball).
(ii) Advantage : A penalty stroke awarded when a team loses an opportunity due to an opponent's foul.
(iii) Yellow Card : A warning card issued by the umpire. The player is suspended for at least 5 minutes, but may return at the umpire's discretion.
(iv) Flick : A technique where the ball is pushed and lifted off the ground. Used for passing, shooting, or placing the ball into the goal.

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50. Explain the following terms:
(i) Carried
(ii) Back Stick
(iii) A Corner
(iv) A Penalty Stroke

Ans : MAIN 2017

(i) Carried : When the ball hits a player's leg or foot during dribbling or tackling, it is considered a foul (foot foul).

(iv) Dangerous Play : Dangerous play occurs when a player's actions put another player at risk of injury. This includes raising the ball in a way that endangers others, using the stick recklessly, or attempting an illegal tackle. Umpires penalize dangerous play to ensure player safety.

40. Define the following terms:
(i) Rebound
(ii) Back Stick
(iii) Playing Distance
(iv) Push

Ans : SQP 2021

(i) Rebound : A situation where the ball bounces off the boards or the goalkeeper's equipment.
(ii) Back Stick : A shot taken from the back side of the stick blade.
(iii) Playing Distance : The distance within which a player can reach the ball to play it.
(iv) Push : A short and accurate pass executed when time is limited.

41. When can a team be penalized for a penalty corner?
(i) Mention four fouls for which the umpire awards a penalty stroke.
(ii) Write the full form of FIH and IHF.

Ans : MAIN 2023

(i) Penalty corner is awarded when the ball is pushed from the penalty spot after crossing the back line, and the goal is not scored.
(ii) Three situations for penalty corner:
  (a) Intentional foul by a defender inside the circle when the opponent has ball possession.
  (b) Defenders crossing the back line without referee permission.
  (c) Intentional foul by a defender inside the circle to prevent a goal.
  (d) Intentional foul by a defender outside the circle using stick interference.
(iii) Full forms:
  (a) FIH : Federation International de Hockey
  (b) IHF : Indian Hockey Federation

42. Explain the following terms:
(i) Obstruction
(ii) Playing Distance
(iii) Tapping
(iv) Suspension

Ans : COMP 2020

(i) Obstruction : A situation where a player is blocked intentionally or accidentally by another player using their body or stick.
(ii) Playing Distance : The range within which a player can reach and play the ball.
(iii) Tapping : A playing technique where the blade of the hockey stick is used for protection and to increase stick life.
(iv) Suspension : When a referee removes a player from the field temporarily or for the entire game due to an intentional foul.

43. Explain the following terms:
(i) Flag Post
(ii) Reverse Hit
(iii) A Bully
(iv) Corner Push

Ans : MAIN 2022

(i) Flag Post : A pole on which a flag is hoisted in hockey. Flag posts are placed in all four corners of the field.
Height : 1.20 m to 1.50 m
Flag Size : 300 mm
(ii) Reverse Hit : Hitting the ball to the right side without changing body position by using the reverse side of the stick.
(iii) Bully : A restart call where the referee places the ball between two opposing players, and they tap the flat sides of their sticks three times before playing the ball.
(iv) Corner Push : A technique of attack where the ball is pushed into play during penalty corners.

44. Explain the following terms in Hockey:
(i) A Warning
(ii) A Field Goal
(iii) A Push
(iv) Side Line

Ans : SQP 2007

(i) A Warning : A referee's cautionary notice to a player for violating rules.
(ii) A Field Goal : A goal scored during open play (not from a penalty or set-piece).
(iii) A Push : A short, accurate pass where the ball is guided with the stick rather than hit.
(iv) Side Line : The long boundary lines of the hockey field.

45. Explain the following terms:
(i) A Long Corner
(ii) A Raised Ball

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Ans : SQP 2006

(i) Corner Push : A technique used for attacking play within the hockey field, where the ball is pushed during penalty corners.
(ii) Dodge : A skill used to create space by moving the ball to confuse the opponent.
It is useful in passing or dribbling by making the opponent move in the wrong direction.
A player may shift weight and dodge to one side, drawing the opponent in the same direction.
(iii) Tapping : A technique where the blade of the hockey stick is used to protect and extend the life of the stick.
(iv) Shin Guard : A rubber or plastic guard that provides protection for players' shins.

57. Explain the following terms:
(i) Stroke
(ii) Scoop
(iii) Back line
(iv) Hit

Ans : COMP 2001

(i) Stroke : A strong pass or shot used to pass the ball over a long distance or to score a goal with a powerful hit.
(ii) Scoop : 0Occurs when the ball is lifted off the ground using a slow movement of the stick.
The stick head is placed under the ball before lifting.
(iii) Back line : The 55-meter perimeter line, shorter than the sideline.
(iv) Hit : A forceful contact with the ball using a stick swing, leading to a fast-moving ball.

58. Explain the following terms:
(i) A Push
(ii) A Raised Ball
(iii) Sideline
(iv) A Flick

Ans : MAIN 2000

(i) Push : A method of moving or passing the ball where the stick remains in contact with the ball and the ground.
(ii) Raised Ball : A ball that bounces into the air due to a lofted stroke.
(iii) Sideline : The longer (9(i)40 meters) perimeter line of the field.
(iv) Flick : A move where the ball is pushed, causing it to rise off the ground. Used to pass to a teammate or shoot into the goal.

59. Answer the following:
(a) What is the height of flag posts on the hockey field?
(b) State the full form of FIH.
(c) What decision will the referee take if the ball is hit outside the back line intentionally by the defender?
(d) What is meant by the term back stick in hockey?

Ans : SQP 2005

(i) Height of flag posts : 1.20 m to 1.50 m.
(ii) FIH stands for Federation International de Hockey.
(iii) Referee's decision : A long corner will be awarded to the attacking team.
(iv) Back Stick:
An illegal shot where the ball is struck using the rounded side of the hockey stick.

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60. Explain the following terms:
(i) Field Goal
(ii) Sudden Death
(iii) Warning
(iv) 16 Yard Hit

Ans : COMP 2012

(i) Field Goal : A goal scored from the semi-circular area in front of the goalpost.
(ii) Sudden Death : If a match is tied after regulation time, extra time of two 7.5 minute periods is played.
The team that scores first wins, and the game ends immediately.
(iii) Warning : A green card shown by the umpire to a player as a warning for dangerous play.
(iv) 16 Yard Hit : A free hit for the defending team when the ball crosses the back line after last touching an attacking player. The hit is taken in line with where the ball crossed the back line, up to 14.63 m from the back line.

61. Explain the following terms:
(i) Manufactured Foul
(ii) Sideline Hit
(iii) Corner Hit
(iv) Free Hit

Ans : SQP 2019

(i) Manufactured Foul : This foul occurs when the game equipment does not comply with the rules.
(ii) Sideline Hit : Happens when a stationary or slow-moving ball is lifted off the ground using

(ii) Back Stick : An illegal shot where the ball is struck using the rounded side of the hockey stick.
(iii) Corner : Awarded when the ball crosses the back line.
Short corner : Foul committed by the defending team.
Long corner : Foul committed by the attacking team.
(iv) Penalty Stroke : The ball is pushed from the penalty spot when it crosses the back line without a goal being scored.

51. What signal does the umpire give for the following?
(i) Goal Scored
(ii) Obstruction
(iii) Dangerous Play
(iv) Penalty Corner

Ans : SQP 2013

(i) Goal Scored : Both arms are pointed horizontally towards the center of the field.
(ii) Obstruction : One arm placed diagonally across the chest.
(iii) Dangerous Play : Arms crossed in front of the chest with palms turned inwards.
(iv) Penalty Corner : Both arms extended horizontally towards the goal.

52. Write down the following:
(a) Height of the corner flag post
(b) Duration of the game (Men and Women)
(c) Dimensions of the goal posts
(d) Weight of the ball and stick

Ans : COMP 2013

(i) Height of the corner flag post : 1.20 m to 1.50 m.
(ii) Duration of the game : 2 halves of 35 minutes each.
(iii) Dimensions of the goal posts : Standard goal size used in international hockey.
(iv) Ball weight : 5.5 to 5.75 ounces,
Stick weight : 737 grams

53. Explain the following terms:
(i) Goal Line
(ii) Playing Distance
(iii) Dribbling
(iv) Obstruction

Ans : SQP 2016

(i) Goal Line : The back lines between the goalposts.
(ii) Playing Distance : The range within which a player can reach and play the ball.
(iii) Dribbling : A technique where the player runs with the ball, shifting it right and left while maintaining perfect control, allowing them to pass or change direction to beat a defender.
(iv) Obstruction : A situation where a player is accidentally or intentionally blocked by another player using their body or stick, preventing them from playing the ball.

54. Write any four occasions when the umpire blows the whistle during a game.

Ans : COMP 2012

The umpire blows the whistle in the following situations:
(i) At the start of the game
(ii) At the score of a goal
(iii) At halftime
(iv) At the commission of a foul

55. Explain the following terms:
(i) Carried
(ii) Rolling Substitution
(iii) Bully
(iv) Corner

Ans : MAIN 2008

(i) Carried : When a ball hits a player's leg (foot) during dribbling or tackling, it is considered a foul (foot foul).
Opponents may intentionally hit the ball onto a player's leg to gain a free hit.
Players must be cautious while tackling.
(ii) Rolling Substitution : The continuous replacement of one player with another during the game. Each side must have only 11 players on the field at any time.
(iii) Bully : A bully is used to start or restart play. The referee places the ball between two opposing players. Both players tap the flat sides of their sticks three times before competing for the ball.
(iv) Corner : A corner is awarded when the ball goes outside the play area over the back line. Short Corner : Awarded when the foul is committed by a defending team player. Long Corner : Awarded when the foul is committed by an attacking team player.

56. Explain the following terms:
(i) Corner Push
(ii) Dodge
(iii) Tapping
(iv) Shin Guard

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19. An umpire issues a green card to a player in the first half of a hockey match. In the second half, the same player commits a more serious foul. What action can the umpire take?

Ans : MAIN 2000

If a player commits a second offense after receiving a green card, the umpire may issue a yellow card, leading to a temporary suspension. The duration of the suspension depends on the severity of the foul. If the player continues to commit fouls after returning, they may eventually receive a red card and be permanently removed from the match.

20. A player is shown a red card during a tournament match. What additional consequences might they face beyond missing the rest of the game?

Ans : SQP 2005

In addition to being permanently suspended from the match, a player receiving a red card may face further disciplinary action, such as suspension from future matches, fines, or even a ban from the tournament. The severity of the punishment depends on the nature of the offense and the tournament's disciplinary rules.

21. If a player is given a green card for a minor offense and later commits another small foul, can they receive another green card, or will the next card be yellow?

Ans : COMP 2012

While a player can theoretically receive multiple green cards, umpires often escalate the penalty if the player continues committing fouls. Instead of issuing another green card, the umpire is more likely to issue a yellow card, which results in a temporary suspension. This ensures that repeat offenses are discouraged and fair play is maintained.

22. Explain the following terms:
(i) Penalty Corner
(ii) Dangerous Play

Ans : COMP 2014

(i) Penalty Corner : The ball is pushed from the penalty spot after crossing the back line, when a goal is not scored.
(ii) Dangerous Play : Any action where a player intentionally tries to hurt opponents or plays the game in a risky manner.

23. What is the procedure for taking a penalty corner?

Ans : MAIN 2021

Penalty Corner Procedure : The player taking the penalty stroke pushes the ball from a spot on the back line, 10 yards or more away from the goalpost. The player must have at least one foot outside the field while taking the penalty corner.

24. State the circumference and shape of the ball.

Ans : MAIN 2024

Circumference and shape of the ball:
(i) Circumference : 8 to 9 inches
(ii) Shape : Spherical

25. When is a goal awarded in hockey?

Ans : COMP 2015

A goal is awarded when : The ball crosses the goal line between the posts after being touched by a hockey stick of any player (attacking or defending) inside the circle.

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26. What is meant by a manufactured foul?

Ans : COMP 2020

Manufactured Foul : A foul caused intentionally by using game equipment against the rules.

THREE MARKS QUESTIONS

27. Name the officials in a hockey match.

Ans : COMP 2020

Officials in a hockey match:
(i) 2 Field umpires
(ii) 1 Video umpire
(iii) 1 Match referee

28. Write any three fundamental skills of hockey.

Ans : MAIN 2011

Three fundamental skills of hockey:
(i) Hitting
(ii) Passing
(iii) Dribbling

29. What are the cards used in hockey?

Ans : MAIN 2024

Types of penalty cards:
(i) Green Card : Issued for minor offenses.
(ii) Yellow Card : Given for temporary player suspension.

a slow stick movement.
The stick head is placed slightly under the ball to lift it.

(iii) Corner Hit : Awarded when the ball crosses the back line.
Short Corner : Foul by the defending team.
Long Corner : Foul by the attacking team.

(iv) Free Hit:
Awarded for fouls committed between the 23-meter areas.
Given for both attacking and defending team fouls outside the goal circle.

NINE MARKS QUESTIONS

62. Answer the following :
(i) What is meant by a temporary suspension?
(ii) Under what circumstances does an umpire suspend a player?
(iii) Mention any three fouls committed by a goalkeeper.
(iv) Name any three methods of restarting a hockey match.

Ans : SQP 2021

(i) Temporary Suspension : A player is removed from the game for at least 5 minutes due to unsporting behavior.

(ii) An umpire suspends a player for:
(a) Serious Foul Play: Dangerous tackles, high sticks, or intentional injury.
(b) Dissent or Misconduct : Arguing, abusive language, or disrespecting officials.
(c) Repeated Rule Violations: Multiple fouls despite warnings.
(d) Time Wasting or Unstrapping Behavior: Deliberate delays or unfair play.

(iii) Three fouls committed by a goalkeeper:
(a) Obstruction
(b) Advancing
(c) Hockey stick interference

(iv) Three methods of restarting a hockey match:
(a) If the ball crosses the sideline, play restarts at the point where it crossed.
(b) If the ball crosses the back line last touched by an attacker, play restarts within 15 meters of the back line.
(c) If the ball crosses the back line unintentionally touched by a defender or goalkeeper, play restarts within 5 meters from the nearest corner.

63. Answer the following:
(i) What do you know about the shape, circumference, and weight of a hockey ball?
(ii) List the equipment carried by the umpire during a match.
(iii) What is the duration of the game and interval?

Ans : MAIN 2023

(i) Hockey ball properties:
(a) Spherical shape
(b) Circumference : 224 mm to 235 mm
(c) Weight : 156 g to 163 g

(ii) Umpire's equipment:
(a) Whistle
(b) Watch
(c) Game cards
(d) Pen
(e) Score pad
(f) Coin
(g) Bag

(iii) Match Duration:
(a) 60 minutes total
(b) 5-minute interval

64. Answer the following:
(i) Explain the term corner push.
(ii) Mention any three situations when a penalty stroke is awarded.
(iii) What are the basic compulsory equipment required by a hockey player?

Ans : MAIN 2022

(i) Corner Push : A technique used in attack where the ball is pushed during penalty corners.

(ii) Three situations for a penalty stroke:
(a) Intentional foul by a defender inside the circle to prevent a goal.
(b) Foul by a defender within 23 meters but outside the shooting circle.
(c) Intentional play of the ball over the back line by a defender.

(iii) Compulsory Equipment for Players:
(a) Hockey stick
(b) Shin guards
(c) Mouth guard
(d) Protective gloves
(e) Hockey shoes
(f) Helmet (for goalkeepers only)

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65. Answer the following:
(i) State the importance of the shooting circle in hockey.
(ii) Explain the term dribbling.
(iii) Write any three duties of a captain.

Ans : SQP 2007

(i) Shooting Circle Importance:
The D-shaped shooting circle is the only area from where goals can be scored.
If a defender commits a foul inside the circle, the attacking team is awarded a penalty stroke.
(ii) Dribbling : Running with the ball while shifting it left and right, maintaining control, and changing direction to beat defenders.
(iii) Three Duties of a Captain:
(a) Wears an armband or distinguishing mark.
(b) Ensures team discipline and fair play.
(c) Ensures substitutions follow the rules.
(d) A replacement captain takes over when the captain is suspended.

66. Answer the following:
(i) List three offences by defenders penalized with a penalty corner.
(ii) List any six instances when a referee blows the whistle for a foul.

Ans : COMP 2003

(i) Three offences by defenders leading to a penalty corner:
(a) Intentional foul inside the 23 meter area but outside the shooting circle.
(b) Intentional ball play over the back line by the defender.
(c) Intentional foul inside the circle to prevent a goal.
(ii) Six instances when a referee blows the whistle:
(a) Standing between an opponent and the ball.
(b) Raised or dangerous hit.
(c) Foot foul or carrying the ball.
(d) Covering the ball with the stick.
(e) Charging an opponent with the stick.
(f) Obstruction (blocking an opponent's movement).

67. Answer the following:
(i) When is a player awarded a push-in?
(ii) What minimum distance should be observed during a push-in?
(iii) When is a goal considered to have been scored?
(iv) Write any three duties of a referee.

Ans : MAIN 2004

(i) Push-in Award : Given when a player intentionally or unintentionally hits the ball over the sideline.
At the time of the push-in, all players must be at least 5 yards away.
(ii) Goal Considered Scored When : The ball crosses the goal line between the posts after being touched by a hockey stick inside the circle.
(iii) Three Duties of a Referee:
(a) Issue official warnings when needed.
(b) Blow the whistle to start and stop the game.
(c) Signal when a goal is scored.

68. In the event of the ball going over the back line, how does the game resume?
(i) When an attacker knocks the ball out of play.
(ii) When a defender unintentionally knocks the ball out of play.
(iii) When a defender intentionally knocks the ball out of play.

Ans : SQP 2009

(i) Attacker knocks the ball out : A free hit is awarded from 15 meters away from the back line.
(ii) Defender unintentionally knocks the ball out : A corner is awarded from the 5 meter mark from the corner.
(iii) Defender intentionally knocks the ball out : A penalty corner is awarded to the attacking team.

69. Answer the following:
(i) Mention three procedures to be followed while taking a penalty stroke.
(ii) List three instances when a penalty corner is awarded.
(iii) State the importance of the shooting circle.

Ans : COMP 2002

(i) Three procedures for a penalty stroke:
(a) No defender except the goalkeeper must be inside the shooting circle.
(b) No attacking player except the shooter must be in the shooting circle.
(c) The ball must be stationary and placed on the penalty mark.

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(ii) Three instances for a penalty corner:
  (a) Intentional foul by a defender inside the 23 meter area.
  (b) Defender intentionally plays the ball over the back line.
  (c) Defender prevents a goal inside the shooting circle.

(iii) Importance of Shooting Circle : The only area from where goals can be scored.
Defensive fouls inside the circle lead to penalty strokes for the attacking team.

70. Answer the following:
(i) What is meant by a centre pass?
(ii) Briefly explain the warning cards used in hockey.
(iii) What is understood by a manufactured foul?

Ans : MAIN 2017

(i) Centre Pass : The pass taken from the centre of the field at the start or restart of the match.
It is always taken from the centre of the field and passed to a teammate.
All players except the one taking the pass must remain in their respective halves.

(ii) Warning Cards in Hockey:
  (a) Green Card : First warning.
  (b) Yellow Card : Temporary suspension (at least 5 minutes).
  (c) Red Card : Permanent suspension from the current game.

(iii) Manufactured Foul : A foul committed when game equipment does not comply with the rules.

71. Answer the following:
(i) What is meant by a sideline hit?
(ii) State any three situations when a penalty corner is said to be complete.
(iii) List any six basic equipment worn by a hockey goalkeeper.

Ans : SQP 2013

(i) Sideline Hit : Occurs when a stationary or slow-moving ball is lifted off the ground using a slow movement of the stick, with the stick head placed slightly under the ball.

(ii) Three situations when a penalty corner is complete:
  (a) When the defending team clears the ball out of the shooting circle.
  (b) When the attacking team loses possession.
  (c) When the ball goes out of play.

(iii) Six essential goalkeeper equipment:
  (a) Helmet
  (b) Leg guards
  (c) Kickers (foot protection)
  (d) Chest guard
  (e) Gloves
  (f) Padded shorts

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72. Answer the following:
(i) List any three fundamental skills of hockey.
(ii) Explain the term corner push.
(iii) Explain the execution of dribbling in hockey.

Ans : COMP 2011

(i) Three fundamental skills in hockey:
  (a) Straight hit
  (b) Dribbling
  (c) Dodging

(ii) Corner Push : A technique used for attack during penalty corners where the ball is pushed into play.

(iii) Dribbling Execution : Moving the ball by shifting it left and right while keeping perfect control.
Helps change direction and beat opponents.

73. Answer the following:
(i) State any six responsibilities of an umpire in hockey.
(ii) Mention three situations when a penalty stroke is awarded.

Ans : MAIN 2016

(i) Six responsibilities of an umpire:
  (a) Control the match.
  (b) Ensure the game follows the rules.
  (c) Give unbiased judgment.
  (d) Show colored cards for fouls.
  (e) Keep a record of goals, warnings, and suspensions.
  (f) Blow the whistle for:
  (g) Start and end of match

(ii) Three situations for awarding a penalty stroke:
  (a) Intentional foul by a defender inside the circle when the opponent is in possession.
  (b) Defenders crossing the back line without referee permission during a penalty corner.
  (c) Intentional foul by a defender inside the circle to prevent a goal.

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school hockey championship. Mr. Singh must focus on enhancing their stick-handling skills, passing accuracy and defensive strategies while also ensuring they understand game rules and teamwork dynamics.
What are Mr. Arijit Singh's key responsibilities as a hockey coach? (Any three)

Ans : SQP 2017

(i) Training players in stick-handling, passing and shooting techniques.
(ii) Developing strategic formations for offense and defense.
(iii) Encouraging discipline, teamwork and sportsmanship among players.

85. Ms. Ananya Roy is in charge of coaching the school's kabaddi team. The team has been performing well but struggles with defensive coordination. With the state championships approaching, Ms. Roy must work on strengthening their defensive tackles, improving raiding strategies and increasing their endurance. She must also ensure that the players understand the importance of quick reflexes and teamwork.
What are Ms. Ananya Roy's primary duties as a kabaddi coach? (Any three)

Ans : COMP 2013

(i) Training players in raiding techniques, including bonus point strategies.
(ii) Strengthening defensive moves such as ankle holds and thigh holds.
(iii) Enhancing agility, reflexes and overall fitness.

86. Mr. Raghav Sharma is the coach of the school's archery team. His team comprises students with varying skill levels, from beginners to advanced competitors. With the national school archery competition approaching, Mr. Sharma needs to work on refining their aiming accuracy, improving their focus and enhancing their stance and shooting posture. Additionally, he must ensure that players develop the ability to remain calm under pressure.
What are Mr. Raghav Sharma's essential responsibilities as an archery coach? (Any three)

Ans : MAIN 2011

(i) Teaching players proper stance, grip and aiming techniques.
(ii) Improving players' focus, patience and consistency in shooting.
(iii) Enhancing physical and mental endurance for competitive events.

87. Ms. Ritu Verma is the coach of the school's gymnastics team. Her team consists of gymnasts specializing in different disciplines, including floor routines, vaulting and balance beam. With the upcoming state gymnastics championship, Ms. Verma must ensure that each gymnast improves their flexibility, balance and strength. She must also focus on injury prevention and mental resilience to help the team perform at their best.
What are Ms. Ritu Verma's crucial duties as a gymnastics coach? (Any three)

Ans : SQP 2016

(i) Developing flexibility, balance and coordination in athletes.
(ii) Ensuring safety during training and teaching injury prevention techniques.
(iii) Enhancing strength, endurance and mental focus for performances.

88. Mr. Arnav Das is the boxing coach of the school's sports academy. He is responsible for preparing young boxers for an upcoming district-level championship. Some of his trainees have strong punches but lack defensive techniques, while others need to improve their stamina. Mr. Das must focus on refining their punching speed, footwork, and overall strategy to help them compete effectively.
What are Mr. Arnav Das's key duties as a boxing coach? (Any three)

Ans : MAIN 2014

(i) Teaching offensive and defensive boxing techniques, including dodging and counter-attacking.
(ii) Improving players' footwork, reflexes and agility.
(iii) Enhancing endurance and strength training for better performance in matches.

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(iii) Guiding players on tactical game strategies based on different court surfaces and opponents.

79. Ms. Priya Nair has taken over as the school's volleyball coach and is preparing her team for the upcoming national-level school championship. Some players have strong attacking skills but weak defense, while others struggle with teamwork. She must work on refining their skills, strengthening their defensive play and fostering better coordination among team members to ensure their success in the competition.
What are Ms. Priya Nair's core responsibilities as a volleyball coach? (Any three)

Ans : COMP 2007

(i) Training players in spiking, blocking, serving, and passing techniques.
(ii) Enhancing teamwork, communication, and on-court coordination.
(iii) Developing defensive and offensive strategies to counter different playing styles.

80. Mr. Siddharth Rao has been appointed as the coach of the school's basketball team. The school's basketball team has reached the finals in previous years but has struggled with closing out matches. Mr. Rao needs to focus on improving their finishing skills, defensive capabilities and teamwork to secure a championship win this year. His role includes technical training, fitness development and mental conditioning to help players handle high-pressure situations.
What are Mr. Siddharth Rao's crucial duties as a basketball coach? (Any three)

Ans : MAIN 2003

(i) Training players in shooting, passing, dribbling and defensive skills.
(ii) Developing structured offensive and defensive game plans.
(iii) Encouraging discipline, teamwork and strategic decision-making.

81. Ms. Neha Kapoor has taken on the responsibility of coaching the school's swimming team. Some of her swimmers excel in freestyle, while others need to improve their backstroke and butterfly techniques. With the inter-school swimming competition approaching, she must design a training schedule that improves speed, endurance, and efficiency in the water while also ensuring proper breathing techniques and safety measures.
What are Ms. Neha Kapoor's primary duties as a swimming coach?

Ans : SQP 2004

(i) Teaching swimmers proper stroke techniques and breathing control.
(ii) Conducting endurance and speed training sessions.
(iii) Ensuring safety measures and preventing water-related injuries.

82. Mr. Aditya Joshi is responsible for coaching the school's track and field team, which includes sprinters, long-distance runners and jumpers. The team is preparing for a major athletics meet, and Mr. Joshi must ensure that each athlete trains according to their event. He needs to design personalized workout plans, improve their form and build their mental resilience to maximize their performance in competitive races.
What are Mr. Aditya Joshi's major responsibilities as a track and field coach? (Any three)

Ans : COMP 2009

(i) Improving sprinting techniques, endurance and agility.
(ii) Enhancing jumping, throwing and relay race coordination.
(iii) Providing guidance on warm-ups, injury prevention and recovery methods.

83. Mr. Vikram Yadav is the new coach for the school's wrestling team. He is responsible for preparing the team for an inter-school wrestling championship. His team consists of wrestlers in different weight categories, each requiring specialized training. Mr. Yadav must focus on building their physical strength, refining grappling techniques and instilling a winning mindset.
What are Mr. Vikram Yadav's key duties as a wrestling coach? (Any three)

Ans : MAIN 2002

(i) Teaching advanced grappling, take down and submission techniques.
(ii) Strengthening players' physical endurance, flexibility and agility.
(iii) Preparing athletes mentally for high-pressure matches and competitions.

84. Mr. Arijit Singh is the newly appointed coach of the school's hockey team. His team consists of both seasoned players and beginners who require skill development. The school expects the team to perform exceptionally well in the upcoming inter-

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(i) A request is made to the scorer during play.
(ii) During a time out or interval, the scorer signals the referee, who then blows the whistle for permission.

8. RULES FOR THE TEAM

1. A team consists of 12 players (including the captain).
2. One coach, one assistant coach, and a maximum of 5 team followers.
3. Only 5 players per team can be on the play court at a time.

9. RULES FOR UNIFORM

1. Shirts must be of the same color for all players on a team.
2. Shorts must be of the same color for all players on a team.
3. The color of shorts can be different from the shirts.

10. RULES OF TIME

1. PreGame Intervals :
   (a) A 20 minute interval before the scheduled game time.
   (b) 20 minute interval before the start of each period.
2. Breaks Between Periods : A 20 minute interval before each extra period.
   Start and End of a Period/Game
   (i) First Period Start : Begins when the jump ball is tapped by the jumper.
   (ii) Subsequent Periods Start : Begin when the throwin ball is tapped by a player.
3. Bench Positions :
   (i) The team listed first in the match sits on the left bench.
   (ii) The other team takes the right bench.
4. Basket Exchange :
   (i) Teams switch baskets in the second half.
   (ii) If the game extends beyond the fourth period, baskets remain the same.
5. Game End : The period and match end with the official clock signal.

11. RULES OF THE BALL USED IN THE GAME

1. Ball is Considered Dead When :
   (i) A free throw has been made.
   (ii) A whistle is blown by an official.
   (iii) A signal is given by the official clock.
   (iv) A signal is given by the 24second shot clock device.
2. Ball is Considered Live When :
   (i) A jump ball is tapped by a jumper.
   (ii) A throwin ball is tapped by any player.
   (iii) A freethrow ball is at the disposal of the freethrow shooter.

12. SCORING SYSTEM (GOALS)

(i) 1 point : Free throw.
(ii) 2 points : Field goal from a 2point area.
(iii) 3 points : Field goal from a 3point area.
(iv) 2 points : If the ball touches any defending team players before scoring.
(v) 2 points If a defending player accidentally scores in their own basket.

No points awarded if :
(i) The ball enters the basket from below.
(ii) A foul was committed by the attacking team at the time of scoring.

13. RULES FOR THROW-IN

The player taking the throwin must :
1. Release the ball within 5 seconds.
2. Not touch the ball after throwin before it is touched by another player.
3. Not touch the ball while still outside the boundary lines after throwin.
4. Release the ball before stepping into the boundary line.

14. RULES FOR TIME-OUTS

1. Timeout is granted when the ball is dead and the game clock stops.
2. Duration : Each timeout lasts a maximum of one minute.
3. Maximum Number of TimeOuts :
   (a) 2 per team (first half).
   (b) 3 per team (second half).
   (c) 1 per team (each additional period).
4. Carryover of unused timeouts between periods is not allowed.

15. GAMEPLAY RULES

1. Three-Second Rule : A player cannot stay in the restricted area of the opponent's team for more than 3 consecutive seconds while their team is in possession of the ball in the front court.
2. Eight-Second Rule : When a player gains control of the ball, their team must move the ball to the front court within the next 8 seconds.
3. Twenty-Four-Second Rule : When a player gains control of the ball, their team must attempt a shot within 24 seconds.

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CHAPTER 12

BASKETBALL

SUMMARY

1. HISTORY OF THE GAME

1. Dr. James Naismith invented basketball in 1891 in the USA.
2. The game was initially played with 40 players in a gymnasium.
3. Early basketball involved baskets fixed on opposite walls. Players had to climb up to retrieve the ball after every goal.
4. First official game : January 1892, with 5 players per team.
5. The rules evolved over time, and basketball was included in the 1928 and 1932 Olympics with efforts from the American Basketball Training Association.
6. 1932 : Formation of the International Basketball Federation (FIBA).
7. 1936 Berlin Olympics : Basketball for men was included in the competition.
8. 1946 : Formation of the Basketball Association of America (BAA); the first match was played between Toronto and New York.
9. 1949 : Formation of the National Basketball Association (NBA).

2. BASKETBALL IN INDIA

1. Introduced 85 years ago by YMCA, Madras (Chennai).
2. 1950 : Formation of the Indian Basketball Federation (IBF).
3. 1976 Olympics : Basketball for women was included in the competition.
4. A timed game played between two teams, with five main players in each team.
5. The game involves a spherical ball, two baskets with hoops, and a backboard positioned at elevated ends of the court.
6. Players shoot the ball into the hoop to score points.
7. Players dribble the ball and use their fingers to shoot it.

3. STRATEGY AND TACTICS OF BASKETBALL

1. Game strategy is decided immediately after the toss. The captain winning the toss chooses either defending a basket or taking the first shot.
2. Preplan strategies before the game :
   (i) Decide player formations and positions.
   (ii) Adjust strategy during the game based on the opponent's tactics.
3. Ball movement :
   (i) Dribble and pass the ball in short passes.
   (ii) Move forward and shoot baskets from various positions.
4. Strategies depend on player skills : Offensive or defensive tactics are applied accordingly.

4. PLAY COURT

1. Shape : Rectangular, hard, and levelled, free from obstructions.
2. Boundary Lines : Whitecolored.
3. Longer boundary lines : Side lines.
4. Shorter boundary lines : End lines.
5. Freethrow line : A parallel line outside the play court near the end lines.
6. Center Line : Divides the court into two halves.

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5. 3-POINT FIELD GOAL AREA

Defined by parallel lines at 0.90 m distance from the sidelines. A semicircle of radius 6.75 m from the basket's outer edge.

6. NO-CHARGE SEMICIRCLE

Formed by parallel lines perpendicular to the end line. A semicircle of 1.25 m radius from the basket's center.

7. RULES FOR SUBSTITUTES

A substitute becomes a player and vice-versa when :

12. Makes decisions on unspecified rule situations.

21.2 Duties of the Timekeeper

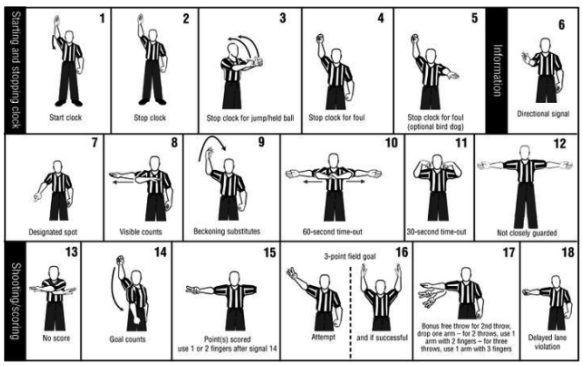
1. Sets the game clock at the beginning of each period.
2. Starts and stops the clock based on the referee's signals.
3. Maintains records of team fouls.
4. Indicates the game period and period number.
5. Keeps the official score on the game clock for both teams.

21.3 Duties of the Scorer/Assistant Scorer

1. Keeps a record of the number and names of players in each team.
2. Records the points scored by both teams.
3. Maintains a record of free throws taken.
4. Records individual fouls by each player.
5. Keeps track of time outs, rest periods, and intervals.
6. Maintains a record of substitutions.
7. Signals only during intervals when the ball is dead and then becomes live again.

21.4 Duties of the Team Captain

1. Communicates with officials during the game, but only when the game clock has stopped.
2. Informs the referee about the team's protest regarding any decision.
3. Signs the score sheet.
4. Ensures overall team discipline and behavior during the match.



22. GAME TECHNIQUES IN BASKETBALL

22.1 Dribbling

1. High Dribble : Used when a player is moving the ball up the court quickly.

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2. Change of Pace Dribble : Helps the offensive player change speed, making the defender lose balance.
3. Crossover Dribble : If a defender blocks one direction, the player can switch direction using a crossover move.
4. BetweentheLegs Dribble : Used when a defender is overplaying a player, allowing the ballhandler to move past them.
5. BehindtheBack Dribble : Helps change direction while keeping a clear view of the court.

22.2 Passing

1. Chest Pass : The ball is passed directly from one player's chest to another's.
2. Bounce Pass : The ball bounces once before reaching the receiver.
3. Baseball Pass : An overhand throw with one hand, similar to a baseball pitch.
4. Outlet Pass : An offensive move where a player grabs a defensive rebound and quickly passes to a teammate to start a fast break.
5. NoLook Pass : A deceptive move where the player looks in one direction but passes in another.

22.3 Shooting Techniques

1. Layup : A shot taken close to the hoop while moving toward the basket.
2. Jump Shot : An overhead shot taken while jumping.
3. Hook Shot : The player faces perpendicular to the basket and swings the ball in an upward arc using one hand.
4. Free Throw : A free shot awarded after a foul or technical foul, taken from the 15 feet freethrow line.
5. Bank Shot : A shot that bounces off the backboard before entering the hoop.
6. Slam Dunk : A highjump shot where a player forcefully puts the ball into the hoop with one or both hands.

22.4 Defensive Strategies

1. MantoMan Defense : Each defensive player guards an individual opponent.
2. Zone Defense : Players defend a specific zone rather than marking individual opponents.
3. Combination Defense : Two defenders take strong pass denial positions, while the remaining three players form a triangle zone.

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16. FOULS AND PENALTIES

1. Penalty : If a foul is committed against a player who is not shooting, the penalty is a throwin. If a foul is committed against a player in the act of shooting, the penalty is free throws.
2. Double Foul : Occurs when two opponents commit fouls on each other simultaneously or at almost the same time.

17. IMPORTANT DIMENSIONS

Category	Measurement
Number of Court Players per Team	5
Number of Substitutes per Team	7
Total Players per Team	12

18. BASKETBALL SPECIFICATIONS AND RULES

Number of Officials
(i) 1 Referee
(ii) 1 Umpire
(iii) 1 Scorer
(iv) 1 Timekeeper
(v) 1 24-Second Operator

19. TIME DURATION OF THE GAME

Game Format :
(i) 10 minutes of play 2 minute rest
(ii) 10 minutes of play 10 minute interval
(iii) 10 minutes of play 2 minute rest
(iv) 10 minutes of play (Final Quarter)

20. COURT AND EQUIPMENT DIMENSIONS

Category	Measurement
Size of Court	28 m × 15 m
Radius of Center Circle	1.80 m
Width of Boundary Lines	5 cm
Thickness of Backboard	3 cm
Height of Lower End of Backboard from Floor	2.90 m
Circumference of Basketball	75 cm to 78 cm
Weight of Basketball	600 g to 650 g

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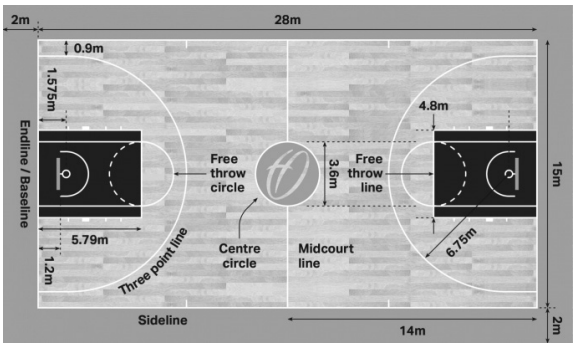

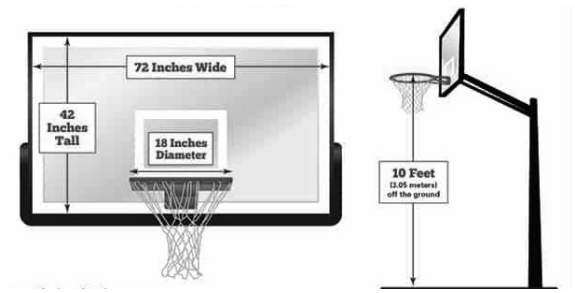

21. DUTIES OF OFFICIALS IN BASKETBALL

21.1 Duties of the Match Referee

1. Inspects and approves the stopwatch, game clock, and 24 second shot clock device.
2. Inspects and approves the equipment used in the game.
3. Designates table officials.
4. Selects the basketball for the game from at least two used balls.
5. Ensures player safety by directing players to remove dangerous objects from their clothing.
6. Stops the game when necessary.
7. Forfeits the game if required.
8. Starts the match with a jump ball.
9. Approves and signs the score sheet.
10. Records the number of fouls for each team.
11. Gives the final decision after consulting with the umpire and other officials.

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CASE BASED QUESTION

74. Mr. Arjun Mehta has been appointed as the coach of the school's football team. His team consists of a mix of experienced players and newcomers who need to develop their skills. As the coach, he is responsible for training, strategizing and ensuring the overall fitness of his players. The school has high hopes for the team to perform well in the upcoming inter-school championship. To achieve success, Mr. Mehta must take on multiple roles, including technical training, match planning and motivating the players.
What are Mr. Arjun Mehta's key duties as a coach? (Any three)

Ans : MAIN 2024

(i) Teaching game tactics, formations and strategic game play.
(ii) Organizing intensive training sessions to improve technical skills and fitness levels.
(iii) Instilling discipline, teamwork and sportsmanship among players.

75. Ms. Pooja Sharma is an experienced cricket coach who has been given the responsibility of training the school's cricket team. Some players have prior experience, while others are just starting to learn the game. The team is preparing for an upcoming district-level tournament, and Ms. Sharma needs to ensure that every player understands their role. She must work on improving the team's batting, bowling, and fielding skills while also teaching them about match strategies.
What are Ms. Pooja Sharma's primary duties as a cricket coach? (Any three)

Ans : SQP 2021

(i) Enhancing batting, bowling and fielding techniques to build a well-rounded team.
(ii) Planning strategies for different match situations, including batting orders and field placements.
(iii) Encouraging teamwork, coordination and mental resilience among players.

76. Mr. Rohan Kapoor is the new coach of the school's badminton team. His team comprises both singles and doubles players, each requiring a unique approach to training. Some players struggle with footwork, while others need improvement in their shot accuracy. The school expects the team to qualify for the state-level championships this year. Mr. Kapoor needs to ensure that the players improve their agility, coordination and strategic play to compete at a higher level.
What are Mr. Rohan Kapoor's essential responsibilities as a badminton coach?

Ans : COMP 2023

(i) Training players in proper racket handling, stroke techniques and shot precision.
(ii) Improving players' speed, agility and endurance to enhance their overall performance.
(iii) Teaching effective strategies for both singles and doubles matches.

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77. Ms. Ananya Sen has been assigned to coach the school's table tennis team. With the upcoming inter-school tournament, she needs to focus on refining her players' skills and match strategies. Some players have excellent attacking techniques but struggle with defensive play, while others need to enhance their reaction speed. Ms. Sen must work on these weaknesses to develop a well-balanced team capable of handling different match scenarios.
What are Ms. Ananya Sen's key duties as a table tennis coach? (Any three)

Ans : MAIN 2020

(i) Refining stroke techniques, including forehand, backhand and spin control.
(ii) Conducting reaction-speed drills to improve reflexes and hand-eye coordination.
(iii) Teaching players how to adapt their strategies based on opponents' strengths and weaknesses.

78. Mr. Kunal Das has been training young tennis players for several years and is now responsible for coaching the school's tennis team. With the upcoming regional tournament, he must ensure that the players are prepared both physically and mentally. Some players need help with their serve accuracy, while others must enhance their court coverage. Mr. Das must develop individualized training plans to address these challenges while also focusing on overall match strategies.
What are Mr. Kunal Das's main duties as a tennis coach? (Any three)

Ans : SQP 2022

(i) Improving players' serve accuracy, shot placement, and volley techniques.
(ii) Developing fitness programs to enhance speed, endurance and flexibility.

22.5 Rebounding Techniques

1. Jump as soon as the ball rebounds from the rim.
2. Extend your arms to maximum height before jumping.
3. Protect the ball from opponents while landing.
4. Decide quickly whether to shoot again or pass to a teammate.

22.6 Pivoting

1. A technique used to move in any direction while keeping one foot grounded.
2. The other foot is free to move, allowing players to dodge opponents.

23. BASKETBALL TERMINOLOGY

1. Drive : Moving the ball from outside the 3-point line toward the hoop for a layup.
2. Fake : A deceptive move where a player pretends to take one action but does another.
3. Fast Break : A quick offensive action after a steal, blocked shot, or rebound.
4. Blocking : A violation where a defender moves into a dribbler's path while still in motion.
5. Charge : A turnover penalty when an offensive player collides with a stationary defender.
6. Carry : A turnover penalty when a player holds the ball excessively at the apex while dribbling.
7. Screen :
   (i) An offensive strategy where a player stands in a defender's way to create space.
   (ii) If the screen moves, it is an offensive foul and a turnover.
8. Double Dribble :
   (i) A turnover penalty when a player :
   (ii) Dribbles with both hands.
   (iii) Stops dribbling and then starts dribbling again.
9. Travel : A turnover penalty when a player moves their pivot foot illegally or takes three steps without dribbling.
10. Triple Threat : A stance where a player holds the ball at hip height, allowing them to pass, dribble, or shoot.
11. Turnover : The offensive team loses possession due to a foul, steal, or outofbounds violation.
12. Ball Handler : The player controlling the ball during play.

24. DEAD BALL SITUATIONS

A dead ball occurs when :

1. A free throw is made.
2. A foul is called.
3. A timeout is granted.
4. A player is injured.
5. The ball goes out of bounds.
6. A violation is called.
7. A held ball occurs.
8. The game clock expires.

25. KEY BASKETBALL TERMS AND DEFINITIONS

1. Front Court : The area on the offensive side of the halfcourt line.
2. Loose Ball : A ball that is not in possession of either team.
3. Held Ball :
   (i) Occurs when both opposing players hold the basketball simultaneously and neither gains possession.
   (ii) The referee then throws the ball up (jump ball) to restart the play.
4. Dunk : Scoring by forcefully putting the ball into the basket with one or both hands.
5. Field Goal : A shot made from anywhere on the court, excluding free throws.
6. AlleyOop : A play where one player jumps and catches a pass midair, then dunks or shoots the ball before landing.
7. Back Court : The area on the defensive side of the halfcourt line.
8. Press : A defensive strategy where defenders guard the opposing team across the entire court rather than waiting on the opposite side.
9. Box Out : A technique where players widen their stance and use their arms/body to block opponents, improving rebounding position.
10. Double Foul : When two opposing players commit fouls against each other simultaneously.
11. Jump Stop : A footwork technique used to stop at the end of a dribble or to receive a pass while preparing for a triplethreat position.
12. Timeout : A call made by a team to temporarily stop the game clock and shot clock.
13. Air Ball : A situation where a basketball is tossed between players during a jump ball or restart.
14. Jump Ball : A method to restart the game by tossing the ball between opposing players.

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A basketball game consists of four quarters of 10 minutes each, with short breaks in between. There is a 2-minute break after the first and third quarters and a 10-minute halftime break.

20. What is 'zone defense' in basketball?

Ans : MAIN 2004

Zone defense is a defensive strategy where each player is responsible for guarding a specific area rather than marking individual opponents. This strategy helps in preventing easy scoring opportunities.

21. What is the function of the 'possession arrow' in basketball?

Ans : SQP 2000

The possession arrow is used to determine which team gets the ball in cases of held ball situations or alternating possessions. It changes direction after each such occurrence.

22. What happens when a defending player accidentally scores in their own basket?

Ans : COMP 2006

If a defending player accidentally scores in their own basket, the opposing team is awarded two points. The basket is credited to the closest offensive player.

23. What is a 'blocking' violation in basketball?

Ans : MAIN 2009

A blocking violation occurs when a defensive player moves into the path of an offensive player while still in motion, preventing their movement illegally. It results in a foul against the defensive player.

24. Which organization governs basketball in India?

Ans : SQP 2017

The Basketball Federation of India (BFI) is the governing body responsible for managing basketball activities in India. It organizes national championships, training camps, and oversees the development of the sport.

25. What is the purpose of a 'screen' in basketball?

Ans : COMP 2013

A screen is an offensive move where a player positions themselves in front of a defender to create space for a teammate. If the player setting the screen moves illegally, it results in an offensive foul.

THREE MARKS QUESTIONS

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26. List any three equipment needed to play a basketball match.

Ans : MAIN 2024

Basketball can be played with minimal equipment, including :

(i) Backboard : An official NBA backboard is made of transparent glass, but wooden or metal backboards are also acceptable.

(ii) Basketball : A ball is required to play the game.

(iii) Basket Ring : The hoop through which players score points.

27. What do you mean by Basket Interference in basketball?

Ans : SQP 2021

In basketball, Basket Interference is a violation that occurs when :

(i) A player touches the ball or any part of the basket (including the net) while the ball is on the rim of the basket.

(ii) A player touches the ball while it is inside the cylinder extending upwards from the rim.

(iii) A player reaches up through the basket from below and touches the ball.

Explanation :

(i) The basketball court is a flat, hard surface free from obstructions.

(ii) The standard dimensions of a basketball court are 28 m (length) $\times$ 15 m (width).

(iii) The back court includes the team's own basket, backboard, and part of the playing court limited by the end line, sidelines and center line.

28. Explain the three-second rule in basketball. Why is this rule important?

Ans : COMP 2023

The three-second rule states that an offensive player cannot remain in the key (paint) area for more than three consecutive seconds while their team has possession of the ball.

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a structured professional league in the USA.

7. Who introduced basketball in India, and in which city?

Ans : MAIN 2012

Basketball was introduced in India by the YMCA (Young Men's Christian Association) in Madras (now Chennai). It was brought to India around 85 years ago and gradually gained popularity.

8. When was the Indian Basketball Federation (IBF) formed?

Ans : SQP 2002

The Indian Basketball Federation (IBF) was formed in 1950. It is responsible for managing and promoting basketball in India by organizing tournaments, training players, and overseeing national competitions.

9. How many players are on a basketball team, and how many can play on the court at a time?

Ans : COMP 2005

A basketball team consists of a total of 12 players, including substitutes. However, only 5 players from each team can be on the court at a time to actively participate in the game.

10. What is the shape and surface requirement of a basketball court?

Ans : MAIN 2006

The basketball court is rectangular in shape with a hard, level surface free from obstructions. The dimensions and markings are standardized to ensure fair play during matches.

11. What is the function of the center line on a basketball court?

Ans : COMP 2010

The center line divides the basketball court into two equal halves. It is crucial for gameplay as it determines team possessions and movements during various stages of the game.

12. What is the 3-second rule in basketball?

Ans : SQP 2007

According to the 3-second rule, an offensive player cannot stay inside the restricted area (paint) of the opponent's court for more than three consecutive seconds while their team is in possession of the ball.

13. What is the 8-second rule in basketball?

Ans : MAIN 2000

The 8-second rule states that when a player gains control of the ball in their backcourt, their team must move the ball past the half-court line within the next eight seconds, or possession will be given to the opposing team.

14. What is the 24-second rule in basketball?

Ans : SQP 2004

The 24-second rule requires a team to attempt a field goal within 24 seconds of gaining possession. If they fail to do so, the opposing team is awarded the ball through a throw-in.

15. What is a 'double dribble' violation?

Ans : COMP 2008

A double dribble occurs when a player dribbles the ball with both hands simultaneously or stops dribbling and then starts dribbling again. It results in a turnover, and possession is given to the opposing team.

16. What is meant by a 'fast break' in basketball?

Ans : SQP 2003

A fast break is an offensive strategy where a team moves quickly down the court to score a basket before the opponent's defense can set up. It is often initiated after a rebound, steal, or blocked shot.

17. What is the weight and circumference of a basketball?

Ans : MAIN 2012

The circumference of a basketball ranges from 75 cm to 78 cm, and its weight varies between 600 g to 650 g. These specifications are maintained for consistency in professional and international games.

18. What is a 'jump ball' in basketball?

Ans : COMP 2005

A jump ball is a method used to start the game or resume play in situations where possession is uncertain. The referee tosses the ball in the air, and two opposing players jump to tap it towards their teammates.

19. What is the duration of a basketball game?

Ans : SQP 2011

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(iv) Team Foul : Occurs when a team accumulates four personal fouls in a period.

47. Answer the following :
(i) What is an intentional foul? What is the penalty for it?
(ii) What is the procedure applied to start the game?

Ans : MAIN 2017

(i) Intentional Foul :
  (a) A foul committed deliberately to stop play or gain an advantage.
  (b) The penalty is two free throws and the fouled team retains possession of the ball.
(ii) Game Start Procedure :
  (a) The referee tosses the ball between two opposing players.
  (b) The game begins when one of them touches the ball.

48. Answer the following :
(i) Name the types of timeouts.
(ii) What do you mean by Pivot Foot?
(iii) Name any four fundamental skills in basketball.
(iv) Write any two duties of the timekeeper.

Ans : SQP 2013

(i) Types of TimeOuts :
  (a) Short TimeOut
  (b) Long TimeOut
  (c) Media TimeOut
(ii) Pivot Foot : A stationary foot that remains planted while the other foot moves, allowing players to pivot.
(iii) Fundamental Skills in Basketball :
  (a) Dribbling
  (b) Shooting
  (c) Passing
  (d) Rebounding
(iv) Duties of the Timekeeper :
  (a) Keeps track of the game clock.
  (b) Records timeouts and intervals.

49. Answer the following :
(i) Write the procedure to start the game.
(ii) List any four technical equipment used by table officials.

Ans : COMP 2011

(i) Game Start Procedure :
  (a) The referee tosses the basketball between the two opposing players at the start of the game.
  (b) The game begins as soon as the ball is touched by the player of the team that wins the jump ball.
(ii) Technical Equipment Used by Table Officials:
  (a) Basketball
  (b) Game Clock
  (c) Stopwatch
  (d) Scoreboard
  (e) Score Sheet
  (f) Whistles
  (g) 30 Second Shot Clock Device

50. Answer the following :
(i) Write any two conditions when a team forfeits the right to play.
(ii) Give the referee signals for the following situations :
  (a) Jump Ball
  (b) Charged TimeOut
  (c) Technical Foul
  (d) Double Foul
  (e) Travelling
  (f) TimeIn

Ans : MAIN 2016

(i) Two Conditions When a Team Forfeits the Right to Play :
  (a) The team refuses to play when directed by the referee.
  (b) The team deliberately prevents the game from continuing.
(ii) (a) Jump Ball : The referee raises both thumbs up in the air.
  (b) Charged TimeOut : The referee forms a "T" with both hands (one hand placed horizontally on top of the other, perpendicular to the body).
  (c) Technical Foul : The referee forms a "T" with both hands (similar to the timeout signal but usually held higher and for a longer duration).
  (d) Double Foul : The referee raises both fists in front of the chest.
  (e) Travelling : The referee rotates both hands in a circular motion in front of the body.
  (f) TimeIn : The referee points towards the court with one hand, signaling play to resume.

51. Write down the following rules :
(i) 24 Second Rule
(ii) 8 Second Rule
(iii) 5 Second Rule

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Importance :
(i) Prevents offensive players from camping near the basket for easy scoring opportunities.
(ii) Encourages continuous movement and fair play.
(iii) Helps maintain a balance between offense and defense.

29. What is the eightsecond rule in basketball? How does it affect team strategy?

Ans : MAIN 2020

The eightsecond rule states that a team must move the ball past the halfcourt line within eight seconds after gaining possession.
Effect on Strategy :
(i) Forces teams to play at a faster pace.
(ii) Prevents excessive stalling and delays.
(iii) Encourages defensive teams to apply fullcourt pressure to force turnovers.

30. Define a fast break in basketball. How does it benefit a team?

Ans : SQP 2022

A fast break is a quick offensive strategy where a team rapidly moves the ball down the court to score before the defense can set up.
Benefits :
(i) Increases scoring opportunities.
(ii) Exploits defensive weaknesses.
(iii) Creates excitement and energy in the game.

31. What is a turnover in basketball? Give two examples.

Ans : COMP 2007

A turnover occurs when an offensive team loses possession of the ball before attempting a shot.
Examples :
(i) A player makes a bad pass that is intercepted by the opponent (steal).
(ii) A player takes too many steps without dribbling (traveling violation).

32. Explain the 24 second shot clock rule in basketball. Why is it necessary?

Ans : MAIN 2003

The 24 second shot clock rule states that a team must attempt a shot within 24 seconds of gaining possession.
Necessity :
(i) Ensures continuous game play and prevents excessive stalling.
(ii) Encourages offensive teams to take quicker shots.
(iii) Keeps the game exciting and fastpaced.

33. What is a double dribble in basketball? How can players avoid committing this violation?

Ans : SQP 2004

A double dribble occurs when a player either :
(i) Dribbles with both hands simultaneously, or
(ii) Stops dribbling and then starts again.
How to Avoid It :
(i) Use only one hand to dribble at a time.
(ii) Pass or shoot after stopping the dribble instead of dribbling again.

34. Describe the difference between a blocking foul and a charging foul in basketball.

Ans : COMP 2009

(i) Blocking Foul : When a defender is still moving and makes illegal contact with an offensive player.
Example : A defender steps in front of a dribbling player too late and causes a collision.
(ii) Charging Foul : When an offensive player runs into a defender who has established a legal position.
Example : A player drives to the basket and crashes into a stationary defender.

35. What is an alleyoop in basketball? Why is it considered an advanced move?

Ans : MAIN 2002

An alleyoop is a play where one player throws a pass near the basket, and a teammate catches it midair and scores before landing.
Why it is advanced :
(i) Requires excellent timing and coordination.
(ii) Needs strong passing and jumping ability.
(iii) Often used for highlight plays in professional games.

36. Explain the role of the referee in a basketball game. Mention three duties.

Ans : SQP 2017

The referee is responsible for enforcing the rules and maintaining fair play during a basketball game.
Three Duties :
(i) Calls fouls and violations.
(ii) Starts and stops the game according to official rules.

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15. Game Clock : Tracks the amount of time remaining in a quarter or half.
16. Block : A defensive stat recorded when a player successfully stops an opponent's shot by blocking it with their hands.
17. Possession Arrow : A physical or electronic arrow at the scorer's table that determines the next possession under the alternating possession rule. After the opening jump ball, it indicates the direction in which the next possession will be awarded.

26. GOVERNING BODIES OF BASKETBALL

1. Basketball Federation of India (BFI)
   (i) Governing and controlling body of basketball in India.
   (ii) Promotes and develops the sport at all levels.
   (iii) Manages all nationallevel basketball operations in India.
   (iv) Organizes training camps, national tournaments, and international competitions for men and women.
2. Federation International de Basketball (FIBA)
   (i) Global governing body for basketball.
   (ii) Defines basketball rules, equipment standards, and required facilities.
   (iii) Organizes international competitions.
   (iv) Regulates athlete transfers across countries.
   (v) Oversees the appointment of international referees.
   (vi) Currently has 213 national federations as members.

27. MAJOR BASKETBALL TOURNAMENTS

1. National Tournaments
   (i) Youth National Basketball Championship
   (ii) Federation Cup Basketball Championship
   (iii) UBA Pro Basketball League
2. International Tournaments
   (i) FIBA World Championship
   (ii) European Basketball Championship
   (iii) FIBA Asia Championship

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TWO MARKS QUESTIONS

1. Who invented basketball, and in which year?

Ans : MAIN 2024

Basketball was invented by Dr. James Naismith in 1891 in the USA. He developed the game as an indoor sport to keep athletes active during the winter months.

2. How was basketball initially played in its early days?

Ans : SQP 2022

In the early days, basketball was played with 40 players in a gymnasium. The game involved baskets fixed on opposite walls, and after each goal, players had to climb up to retrieve the ball manually.

3. When and where was the first official basketball game played?

Ans : COMP 2020

The first official basketball game was played in January 1892. It was conducted with 5 players per team, marking a shift from the earlier version that involved more players.

4. Which organization was formed in 1932 to govern basketball internationally?

Ans : MAIN 2018

The International Basketball Federation (FIBA) was formed in 1932. It was established to regulate basketball at an international level, set rules, and oversee international competitions.

5. In which Olympics was men's basketball first included?

Ans : SQP 2010

Men's basketball was first included in the 1936 Berlin Olympics. This marked the official recognition of basketball as an Olympic sport, further promoting its popularity worldwide.

6. Which organization was formed in 1949 to oversee professional basketball in the USA?

Ans : COMP 2013

The National Basketball Association (NBA) was formed in 1949. It was created after the merger of the Basketball Association of America (BAA) and the National Basketball League (NBL) to develop

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(i) Screening :
  (a) The obstruction or blocking of an opponent (defender) to free up a teammate.
  (b) The player setting the screen stands beside or behind the defender, forcing them to move around and lose steps.
(ii) 5 Second Rule : A player cannot hold the ball with their back to the basket for more than 5 consecutive seconds.
(iii) Zone Press : A defensive strategy where each player defends a designated zone instead of marking an individual opponent.
(iv) Multiple Foul : A foul committed by two or more players on the same opponent at the same time.

42. Explain the following terms :
(i) Pivot Foot
(ii) Time Out
(iii) ThrowIn
(iv) Holding

Ans : SQP 2007

(i) Pivot Foot :
  (a) A technique used to move in any direction while keeping one foot planted.
  (b) The other foot is free to move, allowing better positioning while dribbling or passing.
(ii) Time Out :
  (a) A stoppage in play granted when the ball is dead and the game clock stops.
  (b) Each timeout lasts a maximum of one minute.
(iii) ThrowIn : The action of restarting play when the ball goes out of bounds.
(iv) Holding : A foul called when a player illegally holds an opponent to prevent movement.

43. Write the following :
(i) An Illegal Screening
(ii) A Live Ball
(iii) A Dead Ball
(iv) A Layup Shot

Ans : COMP 2003

(i) Illegal Screening : Occurs when a player sets a screen improperly by moving or making contact with a defender.
(ii) Live Ball : The ball becomes live when it is in play and not dead.
(iii) Dead Ball : The ball becomes dead when play is stopped due to a foul, violation or time out.
(iv) Layup Shot : A shot taken close to the hoop while moving toward the basket.

44. Explain the following terms :
(i) Substitution
(ii) Chest Pass
(iii) Held Ball
(iv) Jump Ball

Ans : MAIN 2004

(i) Substitution :
  (a) A player is replaced by another player when the ball is dead.
  (b) The substitute enters only after permission from officials.
(ii) Chest Pass : A pass where the ball is held at chest level and pushed forward using both hands.
(iii) Held Ball :
  (a) When two players hold the ball simultaneously and neither gains possession.
  (b) The referee restarts the game with a jump ball.
(iv) Jump Ball : A situation where the ball is tossed between two opposing players at the start of play or after a held ball.

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45. State any four occasions when a ball becomes dead during a match.

Ans : SQP 2009

(i) When a free throw is made.
(ii) When a whistle is blown by an official.
(iii) When the official game clock signals a stoppage.
(iv) When the 24-second shot clock device signals a violation.

46. Explain the following terms :
(i) Direct Shot
(ii) Charging
(iii) Technical Foul
(iv) Team Foul

Ans : COMP 2002

(i) Direct Shot :
  (a) The most frequently used shot in basketball.
  (b) Requires a jump, arm stretch, and ball release in midair.
(ii) Charging : A foul where an offensive player pushes or moves into a defender illegally.
(iii) Technical Foul : A foul committed without physical contact, usually due to unsportsmanlike behavior or rule violations.

(ii) Board Shot : A shot attempted by a player where the ball touches the backboard before entering the basket.
(iii) Three Point Shot : A shot taken from beyond the 3 point arc.
(iv) Team Foul : Occurs when a team accumulates four personal fouls.
Marked in red color.

56. Explain the following terms :
(i) Jump Ball
(ii) Travelling
(iii) Foul
(iv) Free Throw

Ans : MAIN 2005

(i) Jump Ball : A situation where the ball is tossed between two opposing players at the start of the game or to restart play.
(ii) Travelling : An illegal movement where a player moves one or both feet incorrectly according to the rules.
(iii) Foul :
(a) A violation committed by a player or team when breaking the rules of the game.
(b) More serious than a standard violation.
(iv) Free Throw : A shot awarded after a foul, taken from the free throw line without opposition.

57. Answer the following :
(i) How many time outs can a team avail during a basketball match?
(ii) What is understood by the term "Dunk Shot" in basketball?
(iii) Differentiate between an Unsportsmanlike Foul and a Disqualifying Foul.
(iv) State any two types of shooting baskets.

Ans : SQP 2012

(i) Time Outs :
(a) A team can have two time outs per half, three per team in the second half, and one per team in each additional period.
(b) Unused time outs cannot be carried over.
(ii) Dunk Shot : A shot where a player jumps high enough to push the ball forcefully into the hoop.
(iii) Unsportsmanlike Foul vs. Disqualifying Foul :
(a) Unsportsmanlike Foul : A contact foul where the player does not make a legitimate attempt to play the ball.
(b) Disqualifying Foul : A non contact foul committed by a player, team, or coach for unsportsmanlike behavior or failure to follow the rules.
(iv) Two Types of Shooting Baskets :
(a) Dunk Shot
(b) Layup Shot

58. Explain the following terms :
(i) Alternating Possession
(ii) Double Dribble
(iii) Player Out of Bounds
(iv) Throw In

Ans : COMP 2015

(i) Alternating Possession : A rule used to determine which team gets the ball in a held ball situation after the initial jump ball, indicated by an arrow at the scorer's table.
(ii) Double Dribble : A violation that occurs when a player stops dribbling, holds the ball, and then starts dribbling again or uses both hands to dribble simultaneously.
(iii) Player Out of Bounds : A player is considered out of bounds if any part of their body or the ball touches the boundary lines or the area outside the court.
(iv) Throw In : The method of putting the ball back into play from out of bounds by passing it onto the court, usually after a violation, foul or when the ball goes out.

59. Answer the following :
(i) What is the penalty imposed on a team for a team foul committed?
(ii) What are Player Foul Markers?
(iii) When is a ball out of bounds?
(iv) Explain the term "Double Foul" in a basketball game.

Ans : MAIN 2018

(i) Penalty for a Team Foul : The opposing team is awarded two free throws.
(ii) Player Foul Markers :
(a) A marker used to record an individual player's fouls.
(b) First four fouls are shown in black; the fifth foul is shown in red.
(iii) Ball Out of Bounds : Occurs when the ball touches a player, object, or structure outside the boundary lines.
(iv) Double Foul : Occurs when two opposing players commit fouls against each other simultaneously.

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(iv) 3 Second Rule

Ans : SQP 2014

(i) 24 Second Rule : Once a team gains possession of the ball, they must attempt a shot within 24 seconds.
(ii) 8 Second Rule : When a team gains control of the ball in the backcourt, they must advance it past the halfcourt line within 8 seconds.
(iii) 5 Second Rule : A player cannot hold the ball with their back to the basket for more than 5 consecutive seconds.
(iv) 3 Second Rule : A player must not stay in the restricted area (paint) for more than 3 consecutive seconds while their team has control of the ball in the frontcourt.

52. Explain the following terms :
(i) Alternating Possession Indicator
(ii) Double Foul
(iii) Violation
(iv) ThreePoint Successful Shot

Ans : COMP 2008

(i) Alternating Possession Indicator : A system used to determine which team gets the ball in a heldball situation after the initial jump ball, indicated by an arrow at the scorer's table.
(ii) Double Foul : When two opposing players commit fouls against each other simultaneously, resulting in no free throws and possession is determined by the alternating possession rule.
(iii) Violation : A rule infraction that does not involve physical contact, such as travelling, double dribbling, or a threesecond violation, leading to the opposing team gaining possession.
(iv) ThreePoint Successful Shot : A field goal made from beyond the threepoint arc, awarding three points instead of two. The referee signals this by raising three fingers.

53. Write the following definitions :
(i) Illegal Screening
(ii) Live Ball
(iii) Dead Ball
(iv) LayUp Shot

Ans : MAIN 2006

(i) Illegal Screening :
(a) When a player obstructs a defender illegally to free up a teammate.
(b) The screener stands beside or behind the defender, forcing them to move.
(ii) Live Ball : The ball becomes live when it is legally tapped or touched by a player.
(iii) Dead Ball :
(a) The ball becomes dead when the following occur :
(b) A free throw is made.
(c) A whistle is blown by an official.
(d) A signal is given from the official game clock.
(e) The 24 second shot clock expires.
(iv) LayUp Shot : A basketball shot where the player reaches the ring with one step and jumps.

54. Explain the following terms :
(i) TimeOut
(ii) Disqualifying Foul
(iii) Rebounding
(iv) Closely Guarded Player

Ans : SQP 2001

(i) Time Out : A break in the game requested by a team or referee to discuss strategy, rest players, or address game situations. Each team has a limited number of timeouts per game.
(ii) Disqualifying Foul : A severe foul that results in a player being ejected from the game, usually due to unsportsmanlike conduct, violent actions, or accumulating two unsportsmanlike fouls.
(iii) Rebounding : Gaining possession of the ball after a missed field goal or free throw attempt. It can be an offensive rebound (by the attacking team) or defensive rebound (by the defending team).
(iv) Closely Guarded Player : A player holding or dribbling the ball while being closely defended (within 1 meter) by an opponent for a specified time (usually 5 seconds), leading to a turnover if they fail to pass, shoot, or dribble.

55. Explain the following terms :
(i) Dribbling
(ii) Board Shot
(iii) ThreePoint Shot
(iv) Team Fouls

Ans : COMP 2000

(i) Dribbling : A technique where a player moves forward while bouncing the ball on the floor.

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(iii) Ensures player safety by monitoring physical contact.

37. What is a technical foul in basketball? Give two examples of situations where a technical foul can be called.

Ans : COMP 2013

A technical foul is a penalty given for unsportsmanlike conduct or rule violations unrelated to physical play.
Examples :
(i) A player argues aggressively with a referee.
(ii) A coach enters the court to protest a call without permission.

EIGHT MARKS QUESTIONS

38. Briefly explain the following terms :
(i) Alternating Possession
(ii) Free Throw
(iii) Rebound
(iv) MantoMan Defense

Ans : MAIN 2024

(i) Alternating Possession : A system using a 100 mmlong arrow on the scorer's table to indicate which team gets the next possession based on alternating rules.
(ii) Free Throw : A free shot from the foul line, awarded after a foul is committed on a shooter.
(iii) Rebound : A technique where the ball is retrieved after missing a shot.
(iv) MantoMan Defense : A defensive strategy where each player on the defensive team marks one specific opponent.

39. Answer the following :
(i) Explain what happens when a team loses a game by default.
(ii) Define Ball Returned to the Back court.
(iii) What is the official signal for a Technical Foul?
(iv) Name any two international basketball tournaments.

Ans : SQP 2021

(i) When a team loses a game by default, it means that the team has failed to appear on the court, has an insufficient number of players to start or continue the game, or has committed an offense that results in automatic forfeiture. According to FIBA rules, the team losing by default is recorded with a score of 020, and the winning team is credited with 20 points in the standings.
(ii) Ball Returned to the Back court occurs when a team that has established possession of the ball in the front court illegally causes the ball to return to the back court and is the first to touch it. This results in a violation, and the opposing team is awarded possession.
(iii) The official signal for a Technical Foul is when the referee forms a "T" shape with both hands. This is done by placing one hand vertically while tapping it with the other horizontally.
(iv) Two international basketball tournaments are :
  (a) FIBA Basketball World Cup
  (b) Olympic Basketball Tournament

40. Explain the following terms :
(i) Held Ball
(ii) Double Foul
(iii) Double Dribble
(iv) Layup

Ans : MAIN 2023

(i) Held Ball :
  (a) Occurs when two opposing players grab the ball simultaneously and neither can gain possession.
  (b) The referee restarts the game with a jump ball.
(ii) Double Foul : Happens when two opposing players commit fouls against each other at the same time.
(iii) Double Dribble :
  (a) A turnover violation when a player :
  (b) Dribbles with both hands simultaneously.
  (c) Stops dribbling and then starts dribbling again.
(iv) Layup : A shot taken close to the hoop, typically when the player is moving toward the basket.

41. Explain the following terms in Basketball :
(i) Screening
(ii) 5 Second Rule
(iii) Zone Press
(iv) Multiple Foul

Ans : MAIN 2020

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60. Explain the following terms in basketball :
(i) Team Foul Indicators
(ii) 24 Second Device
(iii) Charging
(iv) Held Ball

Ans : SQP 2019

(i) Team Foul Indicators :
  (a) Indicates when a team has committed four personal fouls.
  (b) The fifth foul is shown in red.
(ii) 24 Second Device : A shot clock used to ensure teams take a shot within 24 seconds of gaining possession.
(iii) Charging : A foul where an offensive player illegally collides with a defender.
(iv) Held Ball :
  (a) A situation where two opposing players grab the ball at the same time.
  (b) The referee restarts play with a jump ball.

NINE MARKS QUESTIONS

61. Answer the following :
(i) When does a team's control of the ball end?
(ii) How many time outs can a team get during the first half, second half, and extra period?
(iii) Explain a team foul penalty situation in basketball.

Ans : MAIN 2024

(i) A team's control of the ball ends in case of :
  (a) Rebound
  (b) Stealing
  (c) Stepping out of bounds
  (d) Foul
  (e) Violation
(ii) Time Outs :
  (a) A time out is granted when the ball is dead and the game clock is stopped.
  (b) Maximum time outs :
  (c) 2 per team in the first half
  (d) 3 per team in the second half
  (e) 1 per team in each additional period
  (f) Unused time outs cannot be carried over to the next period.
(iii) Team Foul Penalty :
  (a) A team foul occurs when four personal fouls have been committed.
  (b) Marked in red color.
  (c) Penalty : The opposing team is awarded two free throws.

62. Answer the following :
(i) State six items of equipment needed to conduct a basketball match.
(ii) State any three duties of the coach.
(iii) When is the ball considered dead?

Ans : SQP 2021

(i) Equipment needed :
  (a) Basketball
  (b) Game clock
  (c) Stopwatch
  (d) Scoreboard
  (e) Score sheet
  (f) Whistles
  (g) 30 second shot clock device
  (h) Foul markers (player and team)
(ii) Duties of a Coach :
  (a) Improve offensive and defensive skills of players
  (b) Physical conditioning of players
  (c) Teach and inspire the team
(iii) The Ball is Considered Dead When :
  (a) A free throw is made
  (b) The referee blows the whistle
  (c) A signal is given by the official game clock
  (d) A 24 second shot clock violation occurs

63. Answer the following :
(i) What is a team foul?
(ii) Explain the term "Double Foul" in basketball.
(iii) Explain in brief the term "Held Ball".

Ans : MAIN 2023

(i) Team Foul :
  (a) Occurs when a team commits four personal fouls in a period.
  (b) Marked in red color.
(ii) Double Foul : Occurs when two opposing players commit fouls against each other simultaneously.
(iii) Held Ball :
  (a) When two opposing players hold the ball together, preventing either from gaining possession.
  (b) The referee resumes play with a jump ball.

64. Answer the following :
(i) Explain in brief the term "Jump Ball".
(ii) How does a team advance with the ball in an attempt to score?

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(iii) List down the officials in a basketball game.

Ans : COMP 2020

(i) Jump Ball : A method of putting the ball into play by tossing it up between two opposing players in the center circle.

(ii) Advancing with the Ball in Basketball
A player can move forward in a basketball game by bouncing, dribbling or rolling the ball on the floor.

(iii) Officials in a Basketball Match
There are five officials in a basketball game :
(a) Referee
(b) Umpire
(c) Sector Official
(d) Timekeeper
(e) Second Operator

65. Answer the following :
(i) Explain the term "low dribble".
(ii) What do you mean by "minuteman marking"?
(iii) Mention any three duties of the scorer in a basketball match.

Ans : MAIN 2022

(i) Low Dribble :
(a) A dribbling technique used when an offensive player is closely guarded.
(b) The player keeps the ball low and uses their body to protect it from the defender.

(ii) Minuteman Marking :
(a) A defensive tactic where each player is assigned to guard a specific opponent throughout the game.
(b) Helps defenders to closely monitor their assigned opponents and prevent scoring opportunities.

(iii) Duties of a Basketball Scorer :
(a) Records the number and names of players in each team.
(b) Keeps track of points scored during the game.
(c) Records free throws made by each team.
(d) Keeps a record of fouls committed by players.
(e) Records time outs and their durations.
(f) Maintains a record of substitutions.
(g) Signals only during stoppages in play when the ball is dead.

66. Answer the following :
(i) Name any three time rule fouls in basketball.
(ii) Name any three fouls that involve personal contact with the opponent.
(iii) Name any three violations that are done without obstructing an opponent.

Ans : SQP 2007

(i) Time Rule Fouls :
(a) 24 Second Violation
(b) 8 Second Violation
(c) 5 Second Violation
(d) Three in the Key

(ii) Personal Contact Fouls :
(a) Elbowing
(b) Flagrant Foul
(c) Hand Check
(d) Offensive Foul
(e) Reaching In
(f) Tripping

(iii) Violations Without Obstructing an Opponent :
(a) Double Dribble
(b) Floor Violation
(c) Goal Tending
(d) Lane Violation
(e) Travelling

67. Answer the following :
(i) What is the duration of the game? How is this time divided?
(ii) List any six player fouls noted in the score sheet by the table official.

Ans : COMP 2003

(i) Game Duration & Division :
(a) The total game duration is 40 minutes.
(b) Divided into four quarters of 10 minutes each.
(c) Rest period of 2 minutes after each quarter.
(d) Halftime interval of 10 minutes between the 2nd and 3rd quarters.

(ii) Player Fouls Noted in Score Sheet :
(a) Blocking
(b) Holding
(c) Double Foul
(d) Charging
(e) Swinging Elbows
(f) Reaching In

68. Answer the following :
(i) State any three violations when opponents gain possession of the ball.
(ii) What is a center circle? What are its dimensions?
(iii) What is a front pivot?

Ans : MAIN 2004

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(i) Violations Leading to Opponent's Possession:
  (a) Touching the ball while it is on or within the basket.
  (b) A free throw shooter stepping over the line before the ball reaches the basket.
  (c) Taking more than 10 seconds to take a free throw.
(ii) Center Circle :
  (a) The marked circle at the center of the basketball court.
  (b) Radius : (a)8 meters.
(iii) Front Pivot :
  (a) A movement where a player moves forward while keeping one foot (pivot foot) stationary.
  (b) The pivot foot remains in contact with the floor while the other foot moves.

69. Explain the following terms :
(i) 10 Second Rule
(ii) Cut In
(iii) Clean Shot
(iv) Minuteman Marking
(v) Zone Defense

Ans : SQP 2009

(i) 10 Second Rule : A team must advance the ball past half court within 10 seconds after gaining possession in their back court.
(ii) Cut In : A quick movement towards the basket to receive a pass.
(iii) Clean Shot : A shot taken with the correct angle and converted into a basket.
(iv) Minuteman Marking : A defensive strategy where each defender is assigned to an individual opponent.
(v) Zone Defense : A defensive strategy where defenders guard specific areas rather than individual players.

70. Explain the following terms :
(i) Blocking
(ii) Holding
(iii) Held Ball

Ans : COMP 2002

(i) Blocking : Occurs when a defender attempts to screen and block an opponent's movement toward the basket.
(ii) Holding : When a player holds an opponent illegally to restrict movement.
(iii) Held Ball : When a player catches the ball with both hands after dribbling and holds it for 5 seconds.

71. Answer the following :
(i) Mention three situations when the ball is considered live in a game of basketball.
(ii) Mention any three duties of a scorer in a basketball match.
(iii) Explain in brief the term "Jump Shot".

Ans : MAIN 2017

(i) The Ball is Considered Live When :
  (a) A jump ball is tapped by a jumper.
  (b) A throwin ball is tapped by any player.
  (c) A free throw ball is at the disposal of the shooter.
(ii) Duties of a Scorer in Basketball :
  (a) Records the number and names of players in each team.
  (b) Keeps track of points scored.
  (c) Records free throws made.
  (d) Records fouls committed by each player.
  (e) Keeps a record of time outs and their durations.
  (f) Maintains a record of player substitutions.
  (g) Signals only during stoppages in play.
(iii) Jump Shot : A shot attempt where the player jumps straight up and propels the ball in an arc into the basket.

72. Answer the following :
(i) State any three passing techniques used by players in a basketball match.
(ii) Mention the three types of baskets that are scored from different areas of the court and state the points awarded for each type.
(iii) Explain the term "Low Dribble".

Ans : MAIN 2015

(i) Passing Techniques in Basketball :
  (a) Chest Pass
  (b) Bounce Pass
  (c) Overhead Pass
(ii) Types of Baskets and Points Awarded :
  (a) Lay up Shot (2 points)
  (b) Jump Shot (2 points)
  (c) Three Point Shot (3 points)
(iii) Low Dribble :
  (a) A controlled dribble used when an offensive player is closely guarded.
  (b) The ball is kept low while using the body as a shield against the defender.

73. Answer the following :
(i) Differentiate between Zone Defense and Minuteman Defense.

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CHAPTER 13

VOLLEYBALL

SUMMARY

1. HISTORY OF THE GAME

1. In 1895 AD, William G. Morgan started the game of volleyball at YMCA, America, originally calling it "Mintonette."
2. Volleyball is a simple sport requiring minimal investment.
3. In 1900, Canada became the first country outside the USA to start playing volleyball, followed by Cuba in 1905.
4. In 1922, YMCA New York organized the first National Volleyball Championship, defining the game rules.
5. In 1928, the USA Volleyball Association was formed, and the National Volleyball Championship became an annual event.
6. In 1947, the International Volleyball Association was formed.
7. In 1949, the first international-level Volleyball Championship was organized in Prague, Czechoslovakia.
8. In 1951, the Volleyball Federation of India was established.
9. In 1952, the first National Championship for men was held in Madras (now Chennai).
10 In 1953, the first National Championship for women was organized in Jabalpur.
11 In 1955, the first Asian Volleyball Championship took place in Tokyo, Japan.
12 In 1964, Volleyball was included in the Tokyo Olympics for both men and women.

2. ABOUT VOLLEYBALL

1. Volleyball is played between two teams of six players each.
2. The game involves a spherical ball and a net placed vertically at the center of the court.
3. Teams must hit the ball with their hands or arms across the net.
4. Points are scored by grounding the ball in the opponent's court.
5. A volleyball match lasts between 60 to 90 minutes and continues until one team wins three sets.

3. STRATEGY AND TACTICS OF VOLLEYBALL

1. The game strategy is designed based on team players' skill levels.
2. The captain who wins the toss gets to choose whether to serve, receive or pick a side to play on.
3. Various tactics are used for serving, receiving, defending, attacking, and hitting.
4. A good serve requires accuracy, power and variety.
5. Different team formations like 'W' or 'U' formations are used for offense.
6. Defensive strategies work best with strong communication during play.

4. PLAY AREA

1. The court is rectangular, flat, hard and levelled.
2. The surface must not be rough or slippery.
3. Boundary lines are white.
4. The longer boundary lines are called side lines and the shorter boundary lines are called end lines.
5. The center line divides the play court into two halves.

The playfield is divided into five zones

1. Front Zone : Area between the center line and attack line.
2. Back Zone : Area between the attack line and end line.
3. Substitution Zone : Extension of attack lines on both sides of the front zone.
4. Service Zone : Extension of side lines on both sides of the back zone.
5. Libero Replacement Zone : Extension of attack lines and back lines on both sides of the back zone.

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Ans : COMP 2022

A screen is a legal move where a player positions their body to block or delay an opponent's movement without making illegal contact.

80. In a fast paced game between Pine crest High and Redwood School, Rohan from Redwood grabs a rebound and quickly throws a long pass to his teammate for a fast break. Define the term outlet pass in basketball.

Ans : MAIN 2007

An outlet pass is a quick pass made after a defensive rebound to start a fast break.

81. In a heated match between Sunshine Academy and Bluebell High, Kabir from Bluebell stops dribbling, holds the ball, and pivots on one foot while looking for an open teammate. Define the term pivot in basketball.

Ans : SQP 2003

A pivot is a technique where a player keeps one foot stationary while moving the other foot to change direction.

82. In a game between Cedar High and Willow Academy, Manav from Cedar dribbles past two defenders and scores an easy layup before they can react. Define the term fast break in basketball.

Ans : MAIN 2009

A fast break is an offensive strategy where a team moves quickly down the court to score before the defense is set.

83. During a game between Sunrise High and Greenwood Academy, Aarav from Sunrise catches a pass midair and dunks it before landing. Define the term alleyoop in basketball.

Ans : SQP 2002

An alleyoop is a play where a player jumps, catches a pass midair, and scores before landing.

84. During a match between Oak ridge High and Maplewood Academy, Varun from Oak ridge is closely guarding a player when he suddenly swipes at the ball and makes contact with the opponent's hand. The referee calls a foul on Varun. Define the term reaching foul in basketball.

Ans : COMP 2017

A reaching foul occurs when a defender illegally extends their arm and makes contact with an opponent while attempting to steal the ball.

85. In a highs takes game between Hilltop School and Valley View High, Ajay from Hilltop takes a jump shot, and as the ball is descending toward the hoop, Rishi from Valley View touches the ball. The referee immediately calls a violation. Define the term goal tending in basketball.

Ans : MAIN 2013

Goal tending is a violation that occurs when a defensive player interferes with the ball on its downward trajectory toward the basket.

86. During a game between Summit Academy and Brook side High, Kunal from Summit dribbles past his defender and suddenly stops, faking a shot before passing the ball. The defender jumps in the air and loses balance. Define the term pump fake in basketball.

Ans : SQP 2011

A pump fake is a deceptive move where a player pretends to take a shot to trick the defender into jumping or reacting.

87. In a game between Greenfield High and Lake shore Academy, Sahil from Greenfield is in the restricted area for more than three seconds while his team has possession. The referee calls a violation. Define the term three second violation in basketball.

Ans : COMP 2016

A three second violation occurs when an offensive player remains in the key (paint) area for more than three consecutive seconds without attempting a shot.

88. During a match between Ridgewood Academy and Elmwood High, Kabir from Ridgewood stands in the opponent's passing lane and intercepts the ball, preventing a pass. Define the term steal in basketball.

Ans : MAIN 2014

A steal is a defensive move where a player legally takes the ball away from an opponent before they can pass or shoot.

89. In a game between Starlight High and Meadow brook Academy, Aryan from Starlight takes a free throw, but the ball only touches the net without hitting the rim or backboard. The referee calls a violation. Define the term air ball in basketball.

Ans : SQP 2008

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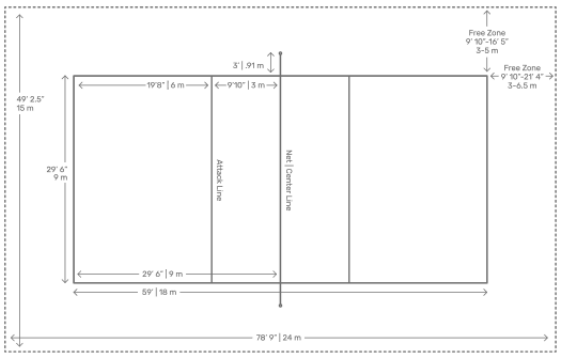
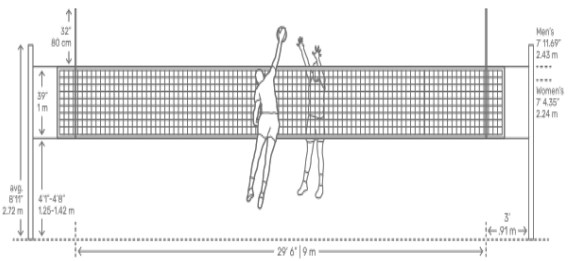
17. MATCH AND SET RESULTS

1. A set is won by the team that first scores 25 points.
2. If both teams reach 24 points, the set continues until one team leads by 2 points.
3. A match is won by the team that wins 3 sets first.
4. If both teams win 2 sets each, the fifth set is played to 15 points, with the winner requiring a 2-point lead.

18. IMPORTANT DIMENSIONS

1. Number of players in each team : 6
2. Number of substitutes in each team : 6
3. Number of officials : 7 (2 referees, 1 scorer, 2 to 4 linesmen)
4. Size of playfield : 18 m × 9 m
5. Width of boundary lines : 5 cm
6. Circumference of the ball : 65 cm to 67 cm
7. Weight of the ball : 260 to 280 g
8. Color of the ball : Multicolored
9. Size of the net : 9.5 m × 1 m
10. Size of net mesh : 10 cm × 10 cm
11. Height of net from the ground:
    (a) 2.43 m (for men)
    (b) 2.24 m (for women)
12. Length of antenna : 1.8 m
13. Distance of pole from sideline : 50 to 100 cm
14. Length of service area : 9 m
15. Size of marks on chest and back of T-shirts : More than 15 cm × 10 cm





19. DUTIES OF THE COACH

1. Manages the behavior of the team and the match from outside the playing court.
2. Contacts the second referee for any necessary information.
3. Checks and verifies the names and numbers of players on the score sheet.
4. Signs the score sheet.
5. Sits on the team bench on the side closest to the scorer.

20. DUTIES OF THE CAPTAIN

Before the Match

1. Signs the blank score sheet.
2. Represents the team during the toss.

During the Match

1. When the ball is out of play, only the captain is allowed to communicate with the officials.
2. Seeks clarification on rules from officials.
3. Submits questions raised by other team members to the officials.

End of Match Duties

1. Thank the referees.
2. Sign the score sheet.
3. Record official protest on the score sheet, if necessary.

21. DUTIES OF THE FIRST REFEREE

1. Stands on a platform at one end of the net to have a clear view of the game.
2. Blows the whistle to start and end the match.
3. Overrules decisions of other officials in cases involving balls in play, dead balls, scoring, double faults, side-outs, and other penalties.
4. Stops play upon request for time-outs.
5. Has the final authority for rule interpretation.

22. DUTIES OF THE SECOND REFEREE

1. Stands at the opposite end of the net from the first referee.
2. Assists the first referee in making decisions regarding:
   (i) Crossing the center line.
   (ii) Net violations.
   (iii) Illegal rotations.
   (iv) Keeping a record of time.

23. DUTIES OF THE SCORER

1. Sits on the same side as the second referee.
2. Keeps control of and operates the official scoring devices.

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98. In a championship game between Oak wood Academy and River dale High, Rishi from River dale takes a jump shot. Just as the ball is descending toward the hoop, a defender from Oak wood touches the ball. The referee blows the whistle and calls a violation.
What is the violation called, and why is it illegal?

Ans : MAIN 2019

The violation is called goal tending. It is illegal because a defensive player is not allowed to interfere with a shot that is on its way down toward the basket.

99. During a match between Brookfield High and Lakeshore Academy, Sahil from Brookfield dribbles towards the opponent's basket. As he moves forward, he suddenly stops and fakes a shot, making the defender jump in the air. Sahil then moves past the defender and takes an open shot.
What technique did Sahil use, and why is it beneficial in basketball?

Ans : SQP 2010

Sahil used a pump fake. It is beneficial because it forces the defender to react prematurely, creating space for a better shooting opportunity.

100. In a basketball match between St. Mark's School and Green Valley High, Kunal from Green Valley takes three steps without dribbling while driving to the basket. The referee blows the whistle and signals a turnover.
What violation did Kunal commit, and what is the penalty for it?

Ans : COMP 2020

Kunal committed a traveling violation. The penalty for traveling is a turnover, meaning the opposing team will gain possession of the ball.

101. During a game between Hilltop School and Meadow brook Academy, Arjun from Meadow brook is closely guarded. While trying to create space, he extends his arm and pushes the defender away. The referee calls an offensive foul.
What type of foul did Arjun commit, and what will be the consequence?

Ans : MAIN 2024

Arjun committed an offensive foul (pushing foul). The consequence is that the opposing team will gain possession of the ball.

102. In a game between Skyline High and Mountain Ridge Academy, the team on offense holds the ball for over 24 seconds without attempting a shot. The referee blows the whistle and calls a violation.
What violation was committed, and why does this rule exist?

Ans : SQP 2013

The team committed a 24 second violation. This rule exists to prevent teams from holding the ball indefinitely and to ensure continuous game play.

103. During an intense game between Greenwood High and Ocean view Academy, Yash from Greenwood is taking a free throw. Before the ball touches the rim, one of his teammates steps into the key (paint) area. The referee calls a violation.
What violation occurred, and what will be the result?

Ans : MAIN 2017

This is a free throw violation because a player entered the key before the ball hit the rim. The result is that the free throw will not count, and possession may be awarded to the opposing team.

104. During a game between Oak ridge Academy and Riverside High, Ayaan from Riverside sets a screen for his teammate but moves while making contact with a defender. The referee blows the whistle and calls a foul.
What type of foul was committed, and how could Ayaan have avoided it?

Ans : COMP 2014

Ayaan committed a moving screen foul. He could have avoided it by staying stationary while setting the screen, allowing the defender to run into him naturally without initiating movement.

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(ii) Differentiate between Technical Foul and Multiple Foul.
(iii) State three violations that may occur during the game.

Ans : MAIN 2014

(i) Zone Defense vs. Minuteman Defense :
  (a) Zone Defense : Defenders are assigned to guard a specific area of the floor rather than a particular opponent.
  (b) Minuteman Defense : Each defender is assigned to mark a specific opponent throughout the game.
(ii) Technical Foul vs. Multiple Foul :
  (a) Technical Foul : Occurs when there is no personal contact, but a player, coach, or team violates game rules.
  (b) Multiple Foul : Occurs when two or more players commit fouls simultaneously.
(iii) Three Violations in Basketball :
  (a) Touching the ball while it is on or inside the basket.
  (b) Free throw shooter stepping over the line before releasing the ball.
  (c) Taking more than 10 seconds to take a free throw.

74. Answer the following :
(i) Mention any three occasions when the ball is considered dead.
(ii) Differentiate between a CutIn and a ThrowIn.
(iii) Differentiate between a Foul and a Violation.

Ans : MAIN 2014

(i) The Ball is Considered Dead When :
  (a) A free throw has been made.
  (b) The referee blows the whistle.
  (c) A signal is given by the official game clock.
  (d) A 24 second shot clock violation occurs.
(ii) CutIn vs. Throw In :
  (a) CutIn : A quick running movement to get open for a pass.
  (b) Throw In : A method of restarting play when the ball goes out of bounds.
(iii) Foul vs. Violation :
  (a) Foul : A serious rule infringement by a player or team that affects the game.
  (b) Violation : A minor rule breaking action that results in a turnover but not a penalty.

CASE BASED QUESTION

75. During a basketball match between Springfield High and Oak wood Academy, Raj from Springfield jumps to take a shot. Just as he releases the ball, Karan from Oak wood hits Raj's arm, affecting his shot. The referee calls a foul on Karan. Define the term shooting foul in basketball.

Ans : MAIN 2024

A shooting foul occurs when a defensive player makes illegal contact with an opponent who is in the act of shooting.

76. In a game between River dale School and Lake side High, Priya from River dale is dribbling the ball when Nisha from Lake side forcefully bumps into her, making her lose possession. The referee immediately calls a foul on Nisha. Define the term charging in basketball.

Ans : SQP 2021

Charging is an offensive foul that occurs when a player with the ball forcefully collides with a stationary defender.

77. During a close game between Blue Ridge Academy and Silver Oak High, Aryan from Blue Ridge grabs the basketball and takes three steps without dribbling. The referee blows the whistle and calls a violation. Define the term traveling in basketball.

Ans : MAIN 2023

Traveling is a violation that occurs when a player moves illegally with the ball without dribbling.

78. In a crucial moment of the game between Greenwood High and Central Academy, Aman from Greenwood dribbles the ball with both hands simultaneously before continuing his dribble. The referee calls a violation. Define the term double dribble in basketball.

Ans : SQP 2020

Double dribble is a violation that occurs when a player dribbles the ball with both hands or stops and then resumes dribbling.

79. During a match between Horizon School and Mountain View Academy, Dev from Horizon stands still and blocks an opponent's movement without extending his arms or moving. The opponent runs into him and no foul is called. Define the term screen in basketball.

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5. MEASUREMENT OF NET SQUARE

1. The net is fixed to the poles at the top and bottom to maintain tension.
2. Two white bands are attached vertically over the sidelines.
3. Two antennas of cylindrical shape and fiberglass are attached to the top of the net.
4. The posts must be cylindrical and firmly fixed to the ground.

6. TEAM COMPOSITION

A team consists of:

1. 6 players on the court
2. 6 substitutes
3. 1 coach
4. 1 assistant coach
5. 1 trainer
6. 1 doctor

7. ADDITIONAL RULES

1. The names of the captain and libero must be recorded on the score sheet.
2. Once the coach and team captains sign the score sheet, player names cannot be changed.
3. Substitutes must stay on the team bench and cannot roam around.

8. EQUIPMENT

1. Players wear jerseys, shorts, socks, and sports shoes.
2. All players on a team must have uniforms of the same color.
3. Shoes must not have heels.
4. Jerseys must have numbers for all player

9. START OF THE MATCH

A coin toss decides which captain gets to choose either the playing side or the first service.

10. ROTATION RULES

1. Players rotate positions in a clockwise direction until their team gains the right to serve.
2. A "Rotational Foul" occurs if the serving team fails to rotate players correctly.

11. RULES WHILE PLAYING AT THE NET

1. A player can touch the ball beyond the net as long as it does not interfere with the opponent's play.
2. A player may step under the net into the opponent's area, provided it does not interfere with the opponent's play. If it does, it is considered a "Penetration Fault."
3. A player can make contact with the net only if it does not interfere with the opponent's play.

12. RULES FOR THE LIBERO

1. The libero can replace any player in the back zone.
2. The libero cannot serve or block.
3. The libero cannot directly pass the ball to the opponent.
4. The libero cannot be substituted unless injured during a match.

13. SUBSTITUTION RULES

1. A libero can be substituted.
2. The scorer must be informed before a substitution.
3. The referee must pre-authorize substitutions.
4. Each team is allowed a maximum of six substitutions per match.
5. In case of an injury after a team has exhausted six substitutions, an "Exceptional Substitution" can be made.

14. SCORING RULES

A team earns a point when

1. The ball touches the ground in the opponent's play court.
2. The opposing team receives a penalty.
3. The opposing team commits a foul.

15. FAULTS

A fault occurs when

1. A team does not follow the rules of play.
2. If multiple faults occur in succession, only the first is counted.
3. If multiple faults occur simultaneously, it is counted as a "Double Fault."

16. COMMON FAULTS

1. A team fails to serve successfully over the net.
2. The ball is stopped, thrown, or carried over the net.
3. A player or server steps over the boundary line.
4. More than three consecutive touches are made by players of the same team.
5. A player crosses the centerline or touches it with their body part.

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An air ball is a shot attempt that misses the rim, backboard, and net entirely.

90. During a crucial play in a match between Woodland High and Highland Academy, Ayaan from Woodland stops dribbling and looks for an open teammate but is closely guarded. He holds the ball for more than five seconds. The referee calls a violation. Define the term five second violation in basketball.

Ans : COMP 2006

A five second violation occurs when a player closely guarded by a defender fails to pass, shoot, or dribble within five seconds.

91. In a game between Pinewood Academy and Cedar Hill School, Arnav from Pinewood jumps to take a shot, but before releasing the ball, he lands back on the ground. The referee immediately calls a violation. Define the term up and down in basketball.

Ans : MAIN 2001

Up and down is a violation that occurs when a player jumps with the ball and lands without releasing it for a shot or pass.

92. During the game between Maplewood High and Riverbank Academy, Nikhil from Maplewood jumps and blocks an opponent's shot just before the ball reaches the basket. Define the term block in basketball.

Ans : COMP 2004

A block is a defensive move where a player deflects or stops an opponent's shot attempt before it reaches the basket.

93. During a fast paced game between Brookfield School and Ocean view High, Viva an from Ocean view sets a screen for his teammate but moves while making contact with a defender. The referee calls a foul on Viva an. Define the term moving screen in basketball.

Ans : SQP 2000

A moving screen is an illegal screen where the player setting the screen moves while making contact with a defender.

94. In a game between Sun ridge Academy and River bend High, Anish from Sun ridge stands near the sideline and accidentally steps out of bounds while holding the ball. The referee signals a turnover. Define the term out of bounds violation in basketball.

Ans : COMP 2005

An out of bounds violation occurs when a player steps on or beyond the boundary lines while holding or touching the ball.

95. During the final minutes of a close game between Lincoln High and West wood Academy, Aryan from Lincoln dribbles toward the basket for a lay up. Just as he jumps to shoot, Rohan from West wood jumps and hits Aryan's arm, making him miss the shot. The referee calls a foul on Rohan. What type of foul was committed, and what will be the result of this foul?

Ans : MAIN 2012

Rohan committed a shooting foul because he made illegal contact with Aryan while he was attempting a shot. As a result, Aryan will be awarded two free throws (or three free throws if he was attempting a three pointer).

96. In a match between Sunrise Academy and Green hill School, Priya from Green hill catches a rebound and quickly passes the ball to her teammate, who sprints down the court and scores an uncontested lay up.
What type of play was executed, and why is it an effective strategy?

Ans : SQP 2015

This is an outlet pass leading to a fast break. It is effective because it allows the offensive team to quickly transition from defense to offense, catching the opposing team off guard before they can set up their defense.

97. During a game between Ridgewood High and Maple Academy, Aarav from Ridgewood dribbles the ball past his defender. As he gets close to the basket, he jumps, catches a pass midair, and dunks it before landing.
What is this move called, and why is it commonly used in professional basketball?

Ans : COMP 2018

This move is called an alleyoop. It is commonly used because it is a high percentage scoring play that can surprise defenders, especially when executed with good timing and teamwork.

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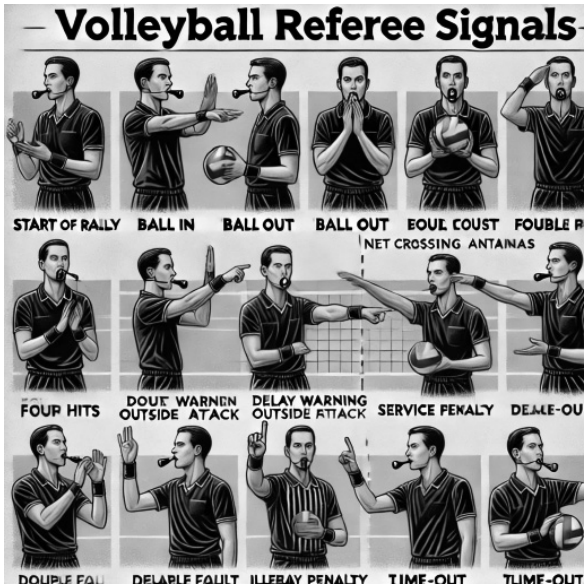
24. DUTIES OF LINE JUDGES

1. Stand at the two corners opposite the service corners and outside the play court.
2. Signal the first referee for:
   (i) Landing of the ball (both inside and outside the boundary).
   (ii) Foot faults by the server.
   (iii) Foot faults by any other player.



25. GAME SKILLS

25.1 Service Techniques

1. Underhand : The ball is tossed underhand from waist height and struck with a closed fist by the opposite hand.
2. Topspin : A serve that dips faster than a float serve, making it more challenging for the libero and defenders to handle.
3. Float : An overhead serve in which the ball is hit without spin.
4. Jump Serve : The server tosses the ball, takes an approach, and jumps to spike it.
5. Jump Float : A serving technique that adds extra pressure on the opponent's serve reception.

25.2 Passing Techniques

1. Underarm Pass : A pass with both hands when the ball is below forehead height.
2. Overhand Pass : A pass with both hands open, controlled by the fingers, with the face below the ball. Both hands make simultaneous contact with the ball above the head, directing it to the intended target.

25.3 Setting Techniques

1. Overhead Set : A technique where the player passes the ball to a teammate using fingertips in front of the forehead.
2. Bump : A first hit or pass used to set up an attack.

25.4 Attacking/Spiking Techniques

1. Backcourt Attack : When a back-row player jumps from beyond the attack line to hit the ball.
2. Line Shot : An attack aimed down the opponent's sideline.

25.5 Attack Techniques in Volleyball

1. Cross-court shot : A diagonal attack across the net, from one side (left) to the other side (right).
2. Dip : Attacking the ball by legally pushing it around, through, or over blockers.
3. Block-abuse : A defensive play by teammates designed to keep a spiked ball in the offensive court.
4. Off-speed hit : A controlled spike ball placed in an open area of the court.
5. Slide : An approach involving a one-leg take-off, similar to a basketball lay-up.

25.6 Blocking Techniques

1. Single block : A defensive move where one player attempts to stop a spiked ball.
2. Double block : Two players working together to deflect a ball hit close to the net.
3. Triple block : A block formed by all three front-row players to counter an attack.

25.7 Defensive Techniques

Dig : A move performed by a player making the first contact with the ball after an opponent's attack, preventing it from hitting the floor.

26. TERMINOLOGY

Ace : A point scored directly from a serve when the receiving team fails to return it.

27. KEY VOLLEYBALL TERMS AND RULES

1. Ball-in-play : Starts when the service is hit.
2. Ball-out-of-play : Starts when a foul occurs.
3. Ball-in : The ball lands inside the boundary of the play court.
4. Ball-out : The ball lands outside the boundary lines of the court.

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Volleyball was invented in 1895 by William G. Morgan in Massachusetts, USA. Originally called "Mintonette", it was less vigorous than basketball. Today, volleyball has over 220 affiliated nations and is the world's largest international sporting federation.

13. Define the following terms in volleyball:
(i) Positional fault
(ii) Rotational fault

Ans : MAIN 2020

(i) **Positional Fault :** Occurs when a player is not in their correct position at the moment the ball is served.
(ii) **Rotational Fault :** Happens when players fail to rotate properly as per the serving side's turn.

THREE MARKS QUESTIONS

14. Explain the Procedure of Substitution in Volleyball

Ans : MAIN 2011

A substitution follows the rules of volleyball and is termed legal substitution. If a player gets injured or feels sick, the team must replace them while informing the officials. The substituted player cannot rejoin the match in the same set. A maximum of six substitutions per set is allowed.

15. State any three duties of the First Referee during the match.

Ans : COMP 2017

The responsibilities of the first referee include:
(i) Overseeing the warm-up of both teams.
(ii) Using signals to indicate fouls and rule violations.
(iii) Facilitating the toss between the two captains.

16. Rotation in volleyball refers to the movement of players in a clockwise direction whenever their team gains the right to serve. Each player must move to the next designated position on the court before the next serve.

Ans : SQP 2018

Importance of Rotation:
(i) Ensures fair play by allowing all players to serve and play in different positions.
(ii) Helps maintain team balance and positioning strategy.
(iii) Prevents positional faults and rotational violations that can lead to point losses.

17. A Libero is a defensive specialist in volleyball who wears a different-colored jersey. Their main responsibilities include:

Ans : MAIN 2019

(i) Receiving serves and executing defensive plays such as digs and passes.
(ii) Not allowed to serve, spike, or block the ball.
(iii) Can replace any back-row player without counting as a substitution.
(iv) Helps improve ball control and passing accuracy in the game.
(v) Cannot attack the ball above the net height from the front zone.

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18. Match the follwing

Ans : COMP 2001

Float Serve	Topspin Serve
The ball is hit with minimal spin.	The ball is hit with strong forward spin.
Moves unpredictably in the air, making it hard to receive.	Dips quickly and is easier to predict but harder to control.
Used to disrupt the opponent's reception and cause errors.	Used for aggressive attacking serves to put pressure on defenders.

Both serve types are important strategies in volleyball, depending on the situation and the opponent's weaknesses.

19. Double Contact occurs when a player touches the ball twice in succession or the ball contacts multiple parts of their body in a single play. It is considered a fault unless:

Ans : SQP 2002

(i) The first contact is a legal block (a blocker can touch the ball again).
(ii) The first contact is an unintentional double hit during a single defensive play (such as receiving a hard spike).
(iii) The ball rebounds from a player's arms in a single motion without prolonged contact.

20. The First Referee is the main authority in a volleyball match and has the following duties:

3. During a rally, a player from Chennai Chargers attempts to set the ball but accidentally touches it twice in succession. The referee blows the whistle and calls a double hit. Define the term Double Hit in volleyball.

Ans : COMP 2020

A Double Hit occurs when a player contacts the ball twice in succession, except when blocking or on the team's first contact (if it is unintentional). A double hit is considered a violation and the opposing team is awarded a point.

4. During a match, a Bengaluru Blazers player attempts to pass the ball but holds it momentarily before releasing it. The referee blows the whistle and signals a lift violation. Define the term Lift in volleyball.

Ans : MAIN 2023

A Lift (or Carry) violation occurs when a player catches, holds, or throws the ball instead of making a clean hit. The ball must be played with a clean rebound action; any prolonged contact is considered illegal.

5. During an attack, a player from Pune Panthers touches the net while attempting a spike. The referee blows the whistle and signals a net violation. Define the term Net Violation in volleyball.

Ans : SQP 2000

A Net Violation occurs when a player touches the net with any part of their body while the ball is in play and it interferes with the opponent's action. This results in a point for the opposing team.

6. As the Hyderabad Hawks' server steps up to serve, the referee blows the whistle and signals a foot fault. Define the term Foot Fault in volleyball.

Ans : COMP 2010

A Foot Fault occurs when a server steps on or over the end line while serving the ball. The serve is considered illegal, and the opposing team is awarded a point.

7. During a rally, the libero from Kolkata Kings jumps to block an attack. The referee immediately stops play and signals an illegal block. Define the term Illegal Block in volleyball.

Ans : MAIN 2012

An Illegal Block occurs when a back-row player or a libero attempts to block the ball. Only front-row players are allowed to block. If a back-row player jumps above the net to block, it results in a violation.

8. During a match, a player from Rajasthan Rhinos serves the ball, but it fails to cross the net. The referee blows the whistle and signals a service fault. Define the term Service Fault in volleyball.

Ans : SQP 2013

A Service Fault occurs when the server fails to send the ball over the net into the opponent's court. Other service faults include stepping over the boundary line or serving out of turn.

9. During an intense rally, a Gujarat Titans player attacks the ball, but it passes outside the antenna. The referee blows the whistle and signals an antenna violation. Define the term Antenna Violation in volleyball.

Ans : COMP 2014

An Antenna Violation occurs when the ball crosses the net outside the designated area marked by the antennae. The ball must pass within the two vertical antennae to remain in play.

10. The Lucknow Lions delay their substitution, causing an unnecessary break in play. The referee signals a delay of game violation. Define the term Delay of Game in volleyball.

Ans : MAIN 2015

A Delay of Game violation occurs when a team takes too much time to resume play, such as delaying substitutions, excessive timeouts, or unnecessary interruptions. The opposing team is awarded a point.

11. As Mumbai Strikers prepare to receive the serve, the referee notices that their players are not in the correct order and signals an out-of-rotation violation. Define the term Out of Rotation in volleyball.

Ans : SQP 2016

Out of Rotation occurs when players are not positioned correctly according to the set rotational order at the time of the serve. This violation results in the loss of serve and a point for the opposing team.

12. When and By Whom Was Volleyball Invented?

Ans : COMP 2010

NODIA

5. Ball touching the net : Occurs when the ball contacts the net while making a hit or attack.
6. Ball in net : Happens when the ball fails to cross the net and falls below it.

28. TYPES OF PLAYS AND MOVES

1. Back row attack : When a back-row player attacks the ball.
2. Block assist : When two or more players work together to block a spiked ball.
3. Side out : When the receiving team wins the rally and gets the serve.
4. Blocking error : A fault committed during a block (touching the net, crossing the centerline, etc.).
5. Floater : A serve without spin, moving unpredictably.
6. Ousting the block : Teammates close the space between blockers to prevent the ball from passing between them.
7. Ball down : When the ball contacts the ground.
8. Quick set : A fast, above-the-net play in which the hitter jumps before the set is executed.
9. Trap set : A slow, low set close to the net.
10. Cross-court attack : An angled attack across the net from one side to the other.

29. SKILLS IN VOLLEYBALL

1. Diving : Playing a ball while falling to the ground.
2. Boosting : Lifting the ball for a smash.
3. Booster : A player who boosts the ball.
4. Smash/Spike : Hitting the ball down towards the opponent's area.
5. Smasher/Spiker : The player executing the smash.
6. Server : The player who serves the ball.
7. Block : Stopping an opponent's smash using raised hands.
8. Blocker : A player who blocks the ball.
9. Libero : A defensive specialist wearing a different-colored jersey.
10 Handling : Controlling the ball and passing to a teammate.
11 Round arm serve : A serve where the ball is tossed in front of the hitting arm.
12 Rally : A sequence of actions that starts with a service and ends when the ball goes out of play.

30. GOVERNING BODIES

1. Volleyball Federation of India (VFI)
   (i) Governs volleyball in India.
   (ii) Affiliated with the Asian Volleyball Confederation.
   (iii) Headquarters : Chennai.
2. Federation Internationale de Volleyball (FIVB)
   (i) Governs global volleyball activities.
   (ii) Headquarters : Lausanne, Switzerland.

31. MAJOR VOLLEYBALL TOURNAMENTS

1. National Level
   (i) Indian Volleyball League
   (ii) Poornima Trophy
   (iii) Federation Cup
2. International Level
   (i) World Championship
   (ii) World Cup Volleyball
   (iii) Super Challenge Cup

TWO MARKS QUESTIONS

1. Explain the term Four Hits.

Ans : MAIN 2024

A four hits violation happens when a team contacts the volleyball more than three times in a single rally. For example, if three team members have passed the ball among themselves and then a fourth player also touches it, the team commits a four-hit violation.

2. During a volleyball match, the Delhi Smashers are preparing to receive a serve. Before the serve, the referee blows the whistle and signals a positional fault against Delhi Smashers. Define the term Positional Fault in volleyball.

Ans : SQP 2021

A Positional Fault occurs when players are not in their correct rotational positions at the moment the serve is contacted. Each player must be in their designated position relative to their teammates before moving to play the ball. If a team commits a positional fault, the opposing team is awarded a point and the serve.

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Ans : MAIN 2003

(i) Initiates and ends play by blowing the whistle.
(ii) Decides on faults and violations such as net faults, rotation errors and out-of-bounds calls.
(iii) Has the final say on all disputes and can overrule other officials when necessary.
(iv) Monitors player conduct and ensures adherence to rules.
(v) Works with the Second Referee to maintain smooth gameplay.

21. What are the five zones in a volleyball court and their significance?

Ans : SQP 2004

(i) Front Zone : The area between the centerline and the attack line, where front-row players perform attacks and blocks.
(ii) Back Zone : The area behind the attack line, where back-row players position themselves for defense and setting.
(iii) Substitution Zone : The area near the front zone where players enter and exit for substitutions.
(iv) Service Zone : The area beyond the end line where players serve the ball.
(v) Libero Replacement Zone : A designated area for libero substitutions without interrupting the game.

22. A Jump Serve is an advanced technique used to generate more power and speed. It includes:

Ans : SQP 2005

(i) Toss : The player tosses the ball high and slightly forward.
(ii) Approach : Takes a quick three-step or four-step approach to generate momentum.
(iii) Jump : Jumps off the ground while preparing the arm for contact.
(iv) Hit : Strikes the ball with a powerful motion, aiming for accuracy and spin.
(v) Follow-through : Lands safely inside the court to continue play.

23. A Rotational Fault occurs when players do not follow the correct rotation sequence during service. It can happen when:

Ans : MAIN 2006

(i) Players are out of order before the serve.
(ii) A player switches positions too early before the ball is served.
(iii) The serving order is not maintained correctly.

How to Avoid It:
(i) Coaches should clearly define player rotations.
(ii) Players should communicate and stay aware of their positions.
(iii) Teams should practice proper rotation drills.

24. A Timeout is a short break requested by a team or referee for various strategic or necessary reasons:

Ans : COMP 2007

(i) Coaches use it for tactical discussions (e.g., changing strategies).
(ii) To break the opponent's momentum if they are scoring too many points in a row.
(iii) To allow players to recover and refocus during crucial game moments.
(iv) Each team is allowed two timeouts per set, each lasting 30 seconds.

25. A Libero is a defensive specialist with the following restrictions:

Ans : SQP 2008

(i) Cannot serve, attack, or block the ball.
(ii) Can replace any back-row player without counting as a substitution.
(iii) Must wear a different-colored jersey for identification.
(iv) Cannot complete an overhand set in the front zone for an attack.
(v) Can only be substituted if injured.

26. A Side-Out occurs when the receiving team wins a rally against the serving team, gaining the right to serve. This can happen when:

Ans : MAIN 2009

(i) The serving team commits a fault (e.g., service out, net violation).
(ii) The receiving team successfully executes an attack or block to win the point.
(iii) The serving team fails to return the ball properly.

Winning a side-out allows the team to rotate and serve next.

27. What are the responsibilities of the Second Referee in volleyball?

Ans : SQP 2010

The Second Referee assists the First Referee and ensures smooth gameplay by:
(i) Monitoring net violations, foot faults, and rotation errors.
(ii) Handling timeouts and substitutions.

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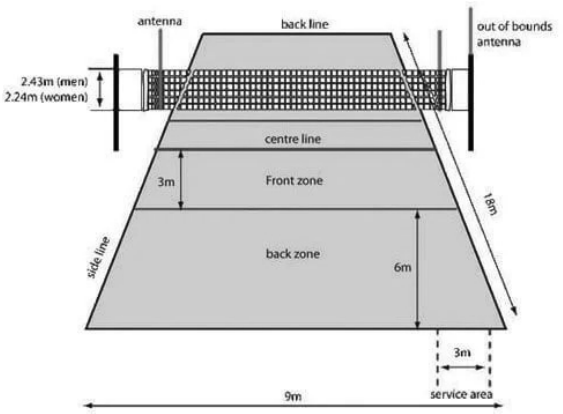
(i) Attack Hit : A player strikes the ball to send it toward the opposing team. This does not include attempts for service or blocks.
(ii) Foot Fault : The failure of the server to keep both feet behind the base line until the ball is hit or to keep at least one foot on the ground while hitting the ball.
(ii) Ace : Points scored on a service that is not returned.
(iv) Technical Time-Out : Additional 60-second time-outs given when the leading team reaches 8th and 16th points.

37. The question asks to draw a volleyball court and label the following key elements:
1. Side Line
2. Service Line
3. Attack Line
4. Front Zone
5. Back Zone
6. Rotation Position
7. Height of the net (for men) from the ground
8. Size of the net

Ans : SQP 2012



38. Answer the Following
1. Weight of the ball
2. Circumference of the ball
3. Number of players in a team
4. Length of service line
5. Height of net for Men and Women
6. How many time outs are awarded to a team in a match?
7. Duration of a time out
8. Measurements of the free zone area

Ans : MAIN 2014,2019

1. Weight of the Ball : 260 g to 280 g
2. Circumference of the Ball : 65 cm to 67 cm
3. Number of Players in a Team : 6 players and 6 substitutes
4. Length of Service Line : 9 meters
5. Height of the Net :
   (a) For men : 2.43 meters
   (b) For women : 2.24 meters
6. Number of Time-Outs per Match : 2
7. Duration of a Time-Out : 30 seconds
8. Measurements of the Free Zone Area : 3 to 5 meters beyond the court boundary

39. Explanation of Volleyball Terms
(i) Free zone
(ii) Back-line
(iii) Antennae
(iv) A catch

Ans : SQP 2014

(i) Free Zone : The area surrounding the playing court where the ball can be played.
It provides a safe area for players and spectators, except for volleyball net stands and the referee stand.
(ii) Back-Line : The end boundary line of the court, running from left to right. Also called the second 10-foot line.
(iii) Antennae : Vertical rods on top of the net, directly above the sidelines to define the legal crossing space for the volleyball.
(iv) Catch : Occurs when the ball is not rebounded from the hit but stays in contact with the player for some time.

40. Explain the four duties of the first referee.

Ans : COMP 2015, 2018

Duties of the First Referee
(i) Positioning : Stands on an elevated platform at one end of the net for a clear view.
(ii) Game Control : Blows the whistle to start and stop the game.
(iii) Decision-Making : Can overrule other officials on ball-related decisions (in/out, scoring, fouls, etc.).
(iv) Timeouts : Stops the game upon team requests for a timeout.
(v) Final Authority : Has the last say in all rule interpretations.

41. Define the Following Volleyball Terms
(i) A collective block
(ii) Assisted hit
(iii) Dead ball
(iv) Time out

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33. State the following:
(i) Height of the net for men and women. ⟶ 2.24 m and 2.43 m
(ii) Weight and circumference of the ball. ⟶ Weight : 260 to 280 g, Circumference : 65 to 67 cm
(iii) Height and diameter of the antenna. ⟶ Height : 1.8 m, Diameter : 10 mm
(iv) Number of substitutions and timeouts in a set. ⟶ 6 substitutions per team, Maximum 2 timeouts

Ans : MAIN 2011

(i) Net Height : The height of the net is (ii) 24 cm for women's matches and (ii) 43 cm for men's matches.
(ii) Ball Specifications:
(i) Weight : 260 to 280 grams
(ii) Circumference : 65 to 67 cm
(iii) Antenna Specifications:
(i) Height : 1.8 meters
(ii) Diameter : 10 millimeters
(iv) Substitution and Time-Outs:
(i) Each team is allowed a maximum of 6 substitutes.
(ii) Teams are allowed up to 2 time-outs per set.

34. Explanation of following Terms:
(i) Attack line
(ii) A setter
(iii) Back zone
(iv) A rotation

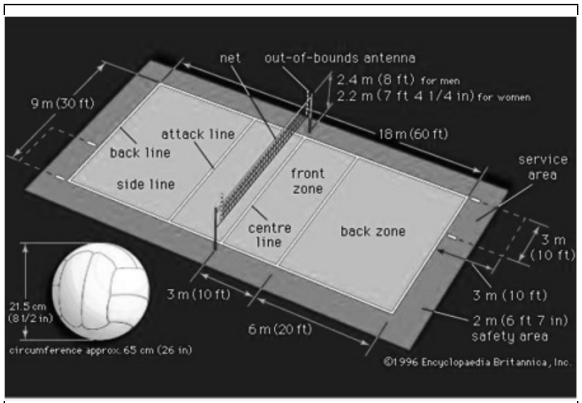
Ans : MAIN 2011

(i) **Attack Line :** The line drawn parallel to the back row, dividing the front and back court.
(ii) **Setter :** A player who raises ("sets") the ball using an Overhand Pass for a teammate to hit, spike, or smash.
(iii) **Back Zone :** The back row area of the volleyball court.
(iv) **Rotation :** When a team earns a side-out, all players rotate one position clockwise before the next serve.

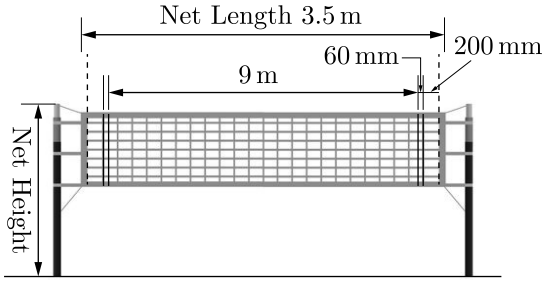
35. Draw a neat diagram of a Volleyball court with all its dimensions.

Ans : COMP 2016

1 Number of Players in Each Team : 6
2 Number of Substitutes in Each Team : 6
3 Number of Officials : 7 (2 Referees, 1 Scorer, 2 to 4 Linesmen)
4 Size of the Playfield : 18 m × 9 m
5 Width of Boundary Lines : 5 cm
6 Circumference of the Ball : 65 to 67 cm
7 Weight of the Ball : 260 to 280 g
8 Color of the Ball : Multicolored
9 Size of the Net : 9.5 m × 1 m
10 Antenna Height : 1.8 m
11 Net Height:
(i) For men : 2.43 m
(ii) For women : 2.24 m
12 Service Zone Length : 9 m
13 Pole Distance from the Sideline : 50 to 100 cm
14 Size of Ball Marks on Chest and Back : More than 15 cm × 10 cm



VOLLEYBALL NET HEIGHTS
Men 2.43 m
Women 2.24 m
Boys (10-15 yrs) 2.35 m
Girls (13-16 yrs) 2.15 m



Playing surface

36. Explanation of Volleyball Terms
(i) Attack line
(ii) A setter
(iii) Back zone
(iv) A rotation

Ans : COMP 2013

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(iii) Standing near the scorer's table to oversee technical aspects.
(iv) Signaling faults such as crossing the centerline or illegal back-row attacks.
(v) Supporting the First Referee in maintaining fair play and resolving conflicts.

28. Additional Volleyball Rules
(i) How many contacts are permitted in returning the ball over the net? Explain the procedure.
(ii) What is meant by the term libero?
(iii) What do you mean by expulsion?

Ans : SQP 2018

(i) Number of Contacts Permitted in Returning the Ball Over the Net: Maximum of three contacts before sending the ball over.
(ii) Meaning of 'Libero' Player : A specialist defensive player restricted to the back zone.
(iii) A disciplinary action where a player is removed from the match.

29. Basic Rules of Volleyball
(i) What is meant by 'Ball in Play'?
(ii) What is Screening?
(iii) List three faults a player is likely to commit while playing the ball.

Ans : COMP 2013

(i) The ball is considered in play as soon as the server hits it during a serve.
(ii) Screening occurs when a player blocks or obstructs the opponent's or teammate's view to free them from defensive actions.
(iii) (a) Double touch
(b) Holding the ball
(c) Foot fault

EIGHT MARKS QUESTIONS

30. Define the following terms:
(i) Floater
(ii) Attack Zone
(iii) Blocking
(iv) Screening

Ans : COMP 2021

(i) Floater : A serve with no spin, causing the ball to follow an unpredictable path.
(ii) Attack Zone : The area between the centerline and the attack line, designated for offensive plays.
(iii) Blocking : A volleyball technique where players in the attacking area raise their hands to prevent or return an opponent's smash. Blocking is a legal move.
(iv) Screening : A defensive strategy where a player obstructs or blocks an opponent to free a teammate. The screening player stands beside or behind the defender, forcing them to move or lose positioning.

31. Mention four functions of a Libero.

Ans : MAIN 2011

(i) Number of players in each team.
(ii) Number of substitutes in each team.
(iii) Number of officials involved in the game.
(iv) Size of the playfield.

Additional specifications include:
1. Width of boundary lines.
2. Circumference of the ball.
3. Weight and color of the ball.
4. Size of the net and net mesh.
5. Height of the net from the ground.
6. Length of the antenna and service area.
7. Distance of the pole from the sideline.
8. Size of the marks on the chest and back of the players' T-shirts.

32. Explain:
(i) Legal substitution
(ii) Players equipment

Ans : SQP 2020

(i) Legal Substitution : A legal substitution in volleyball occurs when a player enters the court in place of another team member according to official rules and regulations.
(a) The substitution must be authorized by the referee.
(b) It should be recorded in the official score sheet.
(c) Each team is allowed a limited number of substitutions per set.
(ii) Players' Equipment:
(a) Players must wear proper volleyball attire, including a jersey, shorts, socks, and sports shoes.
(b) The jersey must be numbered and uniform in color for the entire team.
(c) Shoes should be without heels to ensure safety and better grip.
(d) Optional protective gear such as knee pads and elbow guards can be used for safety.

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Ans : SQP 2018,2016

(i) Collective Block : A defensive play where 2–3 front-line players block a shot together.
(ii) Assisted Hit : A hit made by a player using support from teammates or any object within the court.
(iii) Dead Ball : The ball is out of play due to being out of bounds or stopped by the referee.
(iv) Time-Out : A team can request two time-outs per set, each lasting 30 seconds.

42. Explain the following terms
(i) A side-out
(ii) A penalty
(iii) Carrying the ball
(iv) A penetration-fault

Ans : MAIN 2018,2017

(i) Side Out : A situation where the serving team loses possession, allowing the opponent to serve.
(ii) Penalty : A violation that results in a point or side-out for the opposing team.
(iii) Carrying the Ball : A foul where the ball is held too long instead of being hit cleanly.
(iv) Penetration Fault : Occurs when a player steps over the centerline or touches the net while making a play.

43. Define the following terms
(i) Double Touch
(ii) Ball Out of Play
(iii) Disqualification
(iv) Service

Ans : COMP 2017,2018

(i) Double Touch : A player contacts the ball twice in succession or different body parts touch the ball consecutively.
(ii) Ball Out of Play : The ball is considered out when it lands outside the boundary lines or fails to cross the net legally.
(iii) Disqualification : A player is removed from the game for serious violations.
(iv) Service : The act of starting the play by hitting the ball over the net.

44. Mention any four acts of breach that are punishable.

Ans : SQP 2009

Punishable Acts of Breach
(i) Repeatedly arguing with the officials about their decisions.
(ii) Acting in an uncivilized manner against the official's decisions.
(iii) Making uncivilized remarks about officials or players of the opposing team.
(iv) Committing faults while playing the ball.

45. Explain legal and illegal substitution in volleyball.

Ans : MAIN 2017

Legal and Illegal Substitution
(i) Legal Substitution:
  (a) A substitution is considered legal when it follows the rules defined for the game of volleyball.
  (b) This occurs when a player is replaced due to injury, illness, or tactical changes.
  (c) The substituted player cannot re-enter the game during the same set.
  (d) A maximum of six players can be substituted in one set.
(ii) Illegal Substitution:
  (a) A substitution is illegal if it violates the defined rules of volleyball.
  (b) Examples include substituting more than six players in a set or replacing players without informing the officials.
  (c) Any substitution not adhering to official rules is considered illegal.

46. Briefly Explain the following terms
(i) Service zone
(ii) Substitution zone
(iii) Attack line
(iv) Substitution

Ans : SQP 2017,2015

(i) Service Zone : The area formed by extending the sidelines beyond the back zone.
(ii) Substitution Zone : The area formed by extending the attack lines beyond the front zone.
(iii) Attack Line : A parallel line drawn to separate the backcourt from the frontcourt.
(iv) Substitution : A process where the referee allows a player to leave the court and another player takes their position.

NODIA

47. Explain the Following
(i) Blocking
(ii) Misconduct
(iii) Assisted hit
(iv) Consecutive hit

Ans : MAIN 2017

(i) Blocking : A defensive action where a player prevents the ball from crossing the net by raising hands.
(ii) Misconduct : Any unsportsmanlike behavior by a player, including arguing with the referee.
(iii) Assisted Hit : A hit made by a player with external support, such as a teammate or any object.
(iv) Consecutive Hit : A player contacts the ball twice in succession, violating the rules.

48. Briefly Explain the Following
(i) Rotation
(ii) Collective block
(iii) Screening
(iv) Technical time out

Ans : SQP 2016

(i) Rotation : Players change positions in a clockwise direction after winning a serve.
(ii) Collective Block : A block performed by 2–3 front-line players standing close together.
(iii) Screening : A player obstructs an opponent's view to free a teammate for an attack or defense.
(iv) Technical Time-Out : A 60-second break given when a team reaches 8th and 16th points.

49. (i) List the officials appointed to conduct the match.
(ii) What is a rally point?
(iii) Who requests the referee for a substitution?
(iv) When is the service changed during a match?

Ans : COMP 2016

(i) Officials : 7 officials – 2 referees, 1 scorer, 2-4 linesmen.
(ii) Rally Point : A scoring system where a team wins a point on every rally.
(iii) Substitution Request : The coach or captain can request a substitution.
(iv) Change of Serve : The team serving changes after losing a rally.

50. Explain the following terms
(i) Change of courts
(ii) Penalty area
(iii) Side bands
(iv) Libero replacement zone

Ans : MAIN 2018

(i) Change of Courts : Teams switch courts after each set.
(ii) Mis-hit : A poor hit where the ball fails to reach its intended target.
(iii) Side Line : The longest boundary line of the volleyball court.
(iv) Libero Replacement Zone : The area formed by extending attack lines on both sides of the back zone.

51. (i) List any two faults that players commit when playing the ball.
(ii) State the full form of FIVB.
(iii) State the number of Libero players a team can include in the team list.
(iv) What is the duration of a time out?

Ans : COMP 2015

(i) Two common faults committed by players while playing the ball are:
  (a) Double touch (contacting the ball twice consecutively).
  (b) Holding (catching or holding the ball instead of hitting it).
(ii) The full form of FIVB is Federation Internationale de Volleyball.
(iii) A team can include a maximum of two Libero players in their team list.
(iv) The duration of a time out is 60 seconds.

52. Explain the Following Volleyball Terms
(i) Spiker
(ii) Warm up area
(iii) Ball in
(iv) Assisted hit

Ans : COMP 2021

(i) Spiker : A player who jumps and smashes the ball to the opponent's court.
(ii) Warm-Up Area : An area outside the playing court where substitute players warm up.
(iii) Ball-In : When the ball lands inside the boundary lines, making it valid for play.
(iv) A hit made by a player after taking any support either from other teammates or of any object within the playing court."

53. (i) When is the ball considered out?
(ii) What is the maximum number of time-outs and substitutions per set for a team?
(iii) Explain the term "four hits."
(iv) List two conditions when a team is compelled to substitute a player.

Ans : MAIN 2015

(i) The ball is considered out when it touches the ground outside the boundary line of the playcourt.

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(ii) The maximum number of time-outs per set is two, and the maximum number of substitutions allowed per set is six.
(iii) The term "four hits" refers to a situation where a team consecutively hits or touches the ball four times, which is a violation of the rules.
(iv) A team is compelled to substitute a player in the following conditions:
  (a) If a player gets injured or feels sick during the game, another player is substituted in their place after informing the officials.
  (b) If a tactical substitution is required for better team performance.

54. What is meant by the following terms in volleyball?
(i) Physical contact
(ii) Service
(iii) Setter
(iv) Blocking fault

Ans : COMP 2014

(i) Occurs when any part of a player's body touches the ball or another player during gameplay.
(ii) The act of putting the ball into play by the server using their hand or arm to send it over the net into the opponent's court.
(iii) A player who uses an "Overhand Pass" to raise the ball, allowing a teammate to hit, spike, or smash it.
(iv) Mistakes made during blocking, which include:
  (a) Blocking the opponent team's serve.
  (b) Preventing the blocker from making an effective attack on the opponent team.
  (c) Deflecting the ball out of bounds during a block.
  (d) Completing a block from the back row or by a libero.

55. Explain the following terms:
(i) Rotation
(ii) Side out
(iii) Penalty
(iv) Carrying the ball

Ans : SQP 2014

(i) Rotation refers to the rearrangement of players in a clockwise direction until the team has the right to serve.
(ii) In this scoring system, if the serving team wins the rally, they earn points and continue to serve. If the receiving team wins the rally, they gain the right to serve, but no points are awarded.
(iii) A penalty is imposed when a player commits an intentional foul. The referee shows a yellow card and awards the serve to the opposing team.
(iv) Carrying the ball occurs when the ball does not rebound immediately after being hit and remains momentarily with the player.

56. State the following:
(i) The length and breadth of the playfield
(ii) The height of the net for men and for women
(iii) Weight and circumference of the ball
(iv) The dimension of the free zone area and service line

Ans : MAIN 2014

(i) The length of the playfield is 18 m, and the breadth is 9 m.
(ii) The height of the net is (ii) 43 m for men and (ii) 24 m for women.
(iii) The weight of the ball ranges from 260-280 g, and its circumference is 65-67 cm.
(iv) The service line is 9 m long, and the free zone area extends 3-5 m beyond the boundary of the court.

57. Explain the following terms:
(i) Change of court
(ii) Penetration fault
(iii) Misconduct
(iv) Blocking

Ans : COMP 2010

(i) The courts are changed by teams after the completion of each set, except in the deciding set. In the deciding set, courts are changed when 8 points are scored by the leading team.
(ii) A player may penetrate below the net into the opponent's area if it does not interfere with their play. If it does, it is considered a penetration fault.
(iii) This refers to a situation where a player does not follow the rules or displays unsportsmanlike behavior.
(iv) Blocking is a defensive technique where players in the attacking area raise their hands above the net to protect and return a smash from the opponent team. Blocking is allowed in volleyball.

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13. IMPORTANT DIMENSIONS IN BADMINTON

Number of Players

(i) Singles : 2 players
(ii) Doubles : 4 players

Number of Officials

A badminton match is officiated by 7 to 11 officials, including :
(i) 1 Match Referee
(ii) 1 Umpire
(iii) Service Umpire
(iv) 4 to 8 Line Judges

Badminton Court Size

(i) Doubles court : 13.40 m × 6.10 m
(ii) Singles court : 13.40 m × 5.18 m
(iii) Boundary Line Width : 4 cm

Shuttlecock Specifications

(i) Weight : 4.74 g to 5.50 g
(ii) Feathers : 14 to 16 feathers

Racket Dimensions

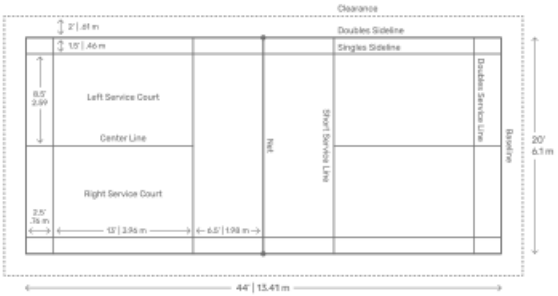
(i) Length : 27 inches
(ii) Weight : 85 g to 140 g
(iii) Frame Length : 11 inches
(iv) Frame Width : 9 inches

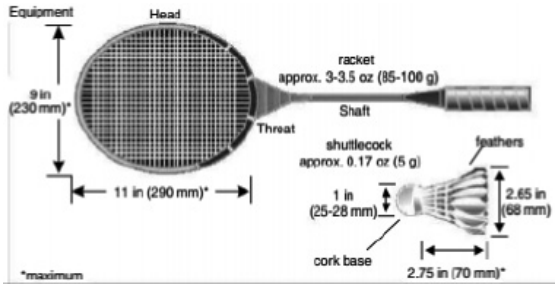
Net Specifications

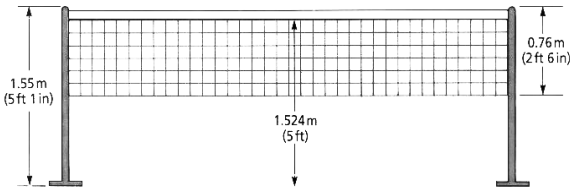
(i) Width : 2 feet 6 inches
(ii) Height : 5 feet at the center, 5 feet 1 inch at the posts

Gallery Dimensions

(i) Side Gallery : 1 foot 6 inches on each side
(ii) Back Gallery : 2 feet 6 inches on each side
(iii) Maximum Number of Sets in a Match : 3







14. DUTIES OF A MATCH REFEREE

(i) Has overall responsibility for the tournament.
(ii) Ensures that the tournament follows the official rules of the game.
(iii) Ensures players are provided with adequate facilities.
(iv) Oversees the appointment of internal representatives.
(v) Ensures that a sufficient number of technical officials are assigned for the tournament.

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15. DUTIES OF AN UMPIRE

1. Ensures the scoring device functions correctly.
2. Checks the net and posts to ensure they meet required standards.
3. Conducts a fair toss before the match.
4. Ensures all officials are present at their designated positions.
5. Maintains a written record of scores.
6. Keeps a record of all faults committed during the match.
7. Documents official warnings given to players.
8. Monitors the availability of tested shuttlecocks.
9. Ensures that players' equipment meets the required standards.
10. Records any misconduct during the game.
11. Handles appeals or disputes that arise during the match.
12. Appoints the line judge and service judge in coordination with the referee.

16. DUTIES OF LINE JUDGE

(i) Determines whether the shuttlecock lands inside or outside the boundary lines.
(ii) Announces decisions verbally and through hand signals.

17. DUTIES OF SERVICE JUDGE

Ensures that the service is executed according to the rules of the game.

18. GAME SKILLS

The racket can be held using either a forehand or backhand grip.

62. Game Procedures
(i) Explain how a set and a match is won by a team.
(ii) What is delay? What are the various ways in which a game may be delayed?
(iii) How many legal interruptions are allowed in a game? Who grants the legal interruptions?

Ans : SQP 2009

(i) A set is won by the first team to score 25 points, with a 2-point lead. If both teams reach 24 points, play continues until one team gains a 2-point advantage. A match is won when a team wins 3 sets. If teams win 2 sets each, the final set is played up to 15 points, with a 2-point lead.
(ii) A delay is an interruption in the game due to:
(a) Requesting an illegal substitution
(b) Repeated rule violations
(c) Poor weather conditions
(d) Player injuries
(iii) Two legal interruptions are granted by the First Referee.

63. Understanding Basic Volleyball Terms
(i) What is an Attack Hit?
(ii) What is meant by the term Libero?
(iii) Define a Setter and Ace in Volleyball.

Ans : COMP 2018

(i) It refers to hitting the ball towards the opponent's court, excluding serves and blocks.
(ii) A Libero is a specialized defensive player who cannot attack from the front row and wears a different-colored jersey.
(iii) **Setter :** A player who raises (sets) the ball with an overhand pass for a teammate to spike.
Ace : A point scored on a service that is not returned.

64. Rules & Techniques in Volleyball
(i) State three specific rules for a Libero.
(ii) List the sanction cards used by the referee and their offenses.
(iii) Name three types of service techniques.

Ans : MAIN 2004

(i) (a) Can replace any player in the back row.
(b) Cannot serve or block.
(c) Cannot directly pass the ball to the opponent.
(ii) (a) Yellow Card : Warning
(b) Red Card : Expulsion
(c) Yellow + Red : Disqualification
(iii) (a) Tennis Serve
(b) Overhead Floating Serve
(c) Round House Serve

65. Rotation and Court Positions
(i) Draw a diagram to show rotation positions. (Diagram required)
(ii) Difference between Attack Line and Back Line.

Ans : SQP 2008

(i) **Attack Line :** Line parallel to the back row; also called 3-meter line.
Back Line : The left-right boundary line of the court.

Position 1st		
4	3	2
5	6	1

Position After Rotation		
4	3	2
5	6	1

(ii) **Attack Line / Back Line Attack Line :** A line parallel to the back row, dividing the front and back court.
Back Line : Runs left to right across the court; also known as the second 10-foot line.

66. Duties of a Coach & Service Faults
(i) Duties of a Coach
(ii) Six Service Faults

Ans : COMP 2003

(i) (a) Monitors team behavior.
(b) Contacts the referee for information.
(c) Checks player names & numbers.
(d) Signs the score sheet.
(e) Sits near the scorer.
(ii) (a) Improper serve (incorrect ball toss).
(b) Violation of service order (wrong player serving).
(c) Ball goes out of play.
(d) Ball crosses over a screen.
(e) Ball touches a teammate before crossing the net.
(f) Ball fails to cross over the net through the proper space.

67. A substitution made according to the official rules of volleyball. If a player gets injured or sick, a substitute must be informed to officials. The replaced player cannot return to the match. A maximum of six players can be changed per set.

Ans : SQP 2009

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NINE MARKS QUESTIONS

58. Duties of Key Officials in Volleyball
(i) Duties of Captain
(ii) Duties of First Referee
(iii) Duties of Line Judges

Ans : SQP 2020,2000

(i) Duties of Captain
Before the Match
(a) Signs the blank score sheet.
(b) Represents the team during the toss.
During the Match
(a) Only the captain can communicate with officials when the ball is out of play.
(b) Seeks explanation on rules.
(c) Submits queries from teammates to officials.
(d) Requests equipment changes and substitutions (if coach is unavailable).
(e) Verifies team position.
End of Match
(a) Thanks the referees.
(b) Signs the score sheet.
(c) Records official protest if needed.
(ii) Duties of First Referee
(a) Stands on the platform at the net to oversee the game.
(b) Blows the whistle to start and end the match.
(c) Can overrule decisions by other officials (e.g., dead ball, side out, penalties).
(d) Grants time-outs upon request.
(e) Has the final authority on rule interpretation.
(iii) Duties of Line Judges
(a) Positioned at opposite corners outside the court.
(b) Signals the First Referee regarding:
1. Ball landing (inside or outside the boundary).
2. Foot fault by server or any other player.
3. Passing of ball over/ outside the antenna.
4. Overhead object contact by the ball.

59. Various Volleyball Aspects
(i) Name three National Tournaments.
(ii) Mention any six skills.
(iii) State any three serving faults.

Ans : COMP 2020

(i) National Tournaments
(a) Indian Volleyball League
(b) Federation Cup Trophy
(c) Tornimaa Trophy
(ii) Six Volleyball Skills
(a) Service
(b) Pass
(c) Attack/ Spike
(d) Set
(e) Block
(f) Dig
(iii) Three Serving Faults
(a) Ball fails to clear the net.
(b) Ball lands out of bounds.
(c) Foot fault by server.

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60. Volleyball Terms & Regulations
(i) State any three rules related to a 'Libero' player.
(ii) Explain the term 'Triple block' in Volleyball.
(iii) What is a rally point?

Ans : MAIN 2019

(i) Rules of a 'Libero' Player:
(a) Can only play in the back zone.
(b) Cannot serve or block.
(c) Cannot pass directly to the opposing team.
(d) Cannot be substituted unless injured.
(ii) 'Triple Block' Definition : A defensive strategy where three front-row players block together at the net.
(iii) Points awarded on every rally (whether serving or receiving).

61. Enumerate Any Three Duties of:
(i) Scorer
(ii) Coach

Ans : COMP 2011

(i) Scorer
(a) Sits on the same side as the Second Referee.
(b) Keeps official records of the score.
(c) Operates scoring devices.
(ii) Coach
(a) Supervises the team's conduct and behavior.
(b) Contacts the Second Referee for information.
(c) Verifies and signs the score sheet.
(d) Ensures the players' names and numbers are correct.
(e) Sits on the bench nearest to the scorer.

73. During a rally, the Kolkata Kings' libero attempts to replace a front-row player just before an attack. The referee signals a violation. Why was this substitution illegal?

Ans : MAIN 2016

A libero replacement violation occurs when:
(i) The libero attempts to replace a front-row player during live play.
(ii) The libero steps into the front zone and attempts to spike the ball.
(iii) The libero is incorrectly substituted without notifying the scorer.
To prevent this, the libero must only replace a back-row player and cannot participate in attacking plays.

74. During a serve, a Rajasthan Rhinos player tosses the ball but fails to make contact. The referee immediately calls a service fault. What are the possible reasons for this?

Ans : COMP 2017

A service fault occurs when:
(i) The server fails to hit the ball after tossing it.
(ii) The serve lands outside the opponent's court.
(iii) The ball does not clear the net.
To prevent this, the server should ensure proper timing and aim for a controlled, legal serve.

75. During a rally, a back-row player from Pune Panthers jumps and attempts to block a spike. The referee signals a blocking error. What mistake did the player make?

Ans : SQP 2018

A blocking error occurs when:
(i) A back-row player attempts to block, which is illegal.
(ii) The blocker makes contact with the net.
(iii) The blocker reaches over the net and interferes with the opponent's play.
To avoid this, only front-row players should attempt blocks, and players must respect net rules.

76. During a match, the Lucknow Lions successfully return a serve, but the opposing team commits a net violation. The referee awards a side-out to the Lions. What does this mean?

Ans : MAIN 2019

A side out occurs when the receiving team wins a rally, gaining the right to serve. This happens when:
(i) The serving team commits a fault (e.g., net violation, out of-bounds serve).
(ii) The receiving team successfully scores a point through an attack or block.
Winning a side out allows the team to rotate and serve next.

77. A libero from Mumbai Strikers jumps near the attack line and sends the ball over the net. The referee blows the whistle and signals a violation. What mistake did the libero make?

Ans : COMP 2020

An attack line violation occurs when
(i) A libero jumps and attacks the ball from above net height while in front of the attack line.
(ii) A back-row player jumps from the front zone and hits the ball over the net.
To avoid this, the libero must stay behind the attack line when performing overhead passes or attacks.

78. During a volleyball match, the Mumbai Ballers are getting ready to serve. As the referee scans the court, they notice that one of the back-row players has stepped ahead of a front-row player before the serve. The referee blows the whistle just before the serve and signals an overlapping violation against Mumbai Ballers.
(i) Why was this violation called?
(ii) How does overlapping affect the game?
(iii) How can teams avoid this mistake?

Ans : SQP 2021

(i) An overlapping violation happens when players do not maintain their correct positions before the serve. The back-row player moved ahead of the front-row player before the ball was served, which is against the rotation rules.
(ii) Overlapping disrupts fair gameplay, as teams must maintain a structured rotation order to ensure fair positioning for all players.
(iii) Players should be aware of their positions before each serve and communicate with teammates to avoid unintentional violations.

79. In a match between Chennai Chargers and Delhi Smashers, Chennai wins a rally and earns the right to serve. However, as they get into position, the referee notices that the players are not in their correct rotational order and signals a rotational fault.

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A scoring system where the serving team gets points only if they win the rally. If the receiving team wins, they gain serve, but no points are awarded.

Fouls & Violations

1. **Penalty :** A referee shows a yellow card for a foul, awarding a point to the opponent.
2. **Carrying the Ball :** The ball sticks to a player's hand instead of bouncing off.
3. **Penetration Fault :** A player's foot crosses under the net and interferes with the opposing team's play.
4. **Blocking :** Defenders raise their hands over the net to stop a smash.
5. **Misconduct :** Playing with an unsportsmanlike spirit.
6. **Assisted Hit :** A player takes support from a teammate or object while hitting the ball.
7. **Double Hit :** A player touches the ball twice in succession, which is a foul.

CASE BASED QUESTION

68. During a volleyball match, the Mumbai Ballers are getting ready to serve. Just before the serve, the referee blows the whistle and signals an overlap violation against Mumbai Ballers. What could be the reason for this violation?

Ans : COMP 2010

An overlapping violation occurs when players are not in their correct rotational positions at the moment of serve contact. Possible reasons include:
(i) A back-row player standing ahead of a front-row player before the serve.
(ii) A player on the left standing ahead of a teammate positioned on the right.
(iii) Players switching positions too early before the serve.
To avoid this, players should maintain their correct positions until the ball is served.

69. During a match, the Bengaluru Blazers win a rally and gain the right to serve. The referee immediately calls a rotational fault. What could have gone wrong?

Ans : SQP 2011

A rotational fault happens when a team does not follow the correct order of rotation before serving.
Possible reasons
(i) The players failed to move to their correct rotational positions.
(ii) A player served out of turn.
(iii) Players switched positions incorrectly before the serve.
To prevent this, teams should track the rotation order and ensure each player is in the correct spot.

70. In a match between Chennai Chargers and Delhi Smashers, a Chennai player attempts to block an attack but touches the net. The referee blows the whistle for a net violation. Why was this fault called?

Ans : MAIN 2013

A net violation occurs when
(i) A player makes contact with the net while attempting to play the ball.
(ii) A player's actions interfere with the opponent's play.
(iii) The player touches the net while blocking or spiking.
To avoid this, players should be mindful of their body position and avoid unnecessary contact with the net.

71. The Hyderabad Hawks' server steps up to serve, but the referee blows the whistle and signals a foot fault. What did the player do wrong?

Ans : COMP 2014

A foot fault happens when
(i) The server steps on or over the end line before striking the ball.
(ii) A player crosses the centerline, violating court boundaries.
To prevent this, the server must remain behind the end line until after the ball is hit.

72. A Gujarat Titans player attempts to set the ball but touches it twice in succession. The referee calls a double hit violation. Why is this a fault?

Ans : SQP 2015

A double hit occurs when
(i) A player makes two consecutive contacts with the ball (except during a block).
(ii) A player mishandles a pass, resulting in an illegal second touch.
To avoid this, players should use proper passing and setting techniques to ensure clean ball contact.

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(iii) How should a libero contribute defensively instead?

Ans : COMP 2015

(i) A libero is restricted from blocking or attacking the ball above net height.
(ii) The libero cannot serve (except in some competitions), attack from the front zone, or set the ball in front of the attack line for a teammate to spike.
(iii) The libero should focus on receiving serves, digging, and passing the ball effectively.

85. During a match, the Delhi Smashers arrange their players closely in front of the server. This prevents the receiving team from clearly seeing the serve. The referee blows the whistle and calls a screening violation.
(i) Why was this considered illegal?
(ii) What is the impact of screening in volleyball?
(iii) How can teams avoid unintentional screening?

Ans : SQP 2023

(i) Blocking the opponent's view of the server is against the rules.
(ii) It creates an unfair advantage, making it harder for the receiving team to react.
(iii) Players should spread out and allow a clear view of the server.

86. A Mumbai Strikers player atte+mpts to save a low ball but steps completely over the center line into the opponent's court. The referee calls a foot fault.
(i) Why was this movement considered a violation?
(ii) Under what conditions can a player legally cross the center line?
(iii) How should players handle plays near the center line?

Ans : MAIN 2022

(i) Players cannot cross the center line if it interferes with the opponent's play.
(ii) A player's foot may touch the line but cannot go completely into the opponent's court.
(iii) Players should stay balanced and use controlled movements near the center line.

87. During a close match, the Rajasthan Rhinos repeatedly take excessive time before serving and during substitutions. The referee issues a time delay warning, followed by a penalty.
(i) Why is delaying the game penalized?
(ii) How does time delay affect the opponent's momentum?
(iii) What are the official rules regarding time management?

Ans : COMP 2024

(i) Delaying the game disrupts fair competition and is considered unsportsmanlike.
(ii) It can break the opponent's rhythm and frustrate both teams.
(iii) Teams should manage substitutions and timeouts efficiently, staying within the allowed limits.

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(i) What could have caused this violation?
(ii) What happens when a team commits a rotational fault?
(iii) How can teams ensure proper rotation?

Ans : MAIN 2022

(i) A rotational fault occurs when a team does not follow the correct rotational sequence after gaining the serve. It could be due to players switching positions incorrectly or a server serving out of turn.
(ii) The opposing team is awarded a point and the rotation order must be corrected before continuing.
(iii) Teams should have a clear rotation strategy and regularly review the correct sequence to prevent mistakes.

80. During a high-intensity rally, a Bengaluru Blazers player jumps to block a powerful spike from an opponent. In an attempt to reach the ball, they accidentally touch the net with their hand. The referee immediately stops the play and calls a net violation.
(i) Why was this action considered a violation?
(ii) Under what conditions can a player legally touch the net?
(iii) What is the correct technique to avoid this fault while blocking?

Ans : COMP 2023

(i) A player is not allowed to touch the net while the ball is in play if it interferes with the opponent's play. The blocker's contact with the net was deemed disruptive.
(ii) Incidental contact with the net that does not affect play is generally ignored. However, intentional interference results in a fault.
(iii) Players should focus on controlled jumps, maintain body balance, and avoid unnecessary movements near the net.

81. During an intense set, a Hyderabad Hawks player, positioned in the back row, sees an opportunity to attack. They take off from the front zone and spike the ball aggressively. The referee blows the whistle and signals an illegal back-row attack.
(i) Why was this attack considered illegal?
(ii) What are the specific rules governing back-row players' attacks?
(iii) How should a back-row player legally attack the ball?

Ans : SQP 2024

(i) A back-row player is not allowed to jump from inside the front zone and attack the ball above net height.
(ii) The attack must be executed from behind the attack line and the ball must not be entirely above the net when struck.
(iii) Players should ensure they jump from behind the attack line and focus on controlled hitting strategies.

82. In a critical moment of the match, a Kolkata Kings server prepares to serve. They toss the ball but completely miss making contact. The referee immediately awards the point to the opposing team for a service fault.
(i) Why was this serve illegal?
(ii) What are some other common service faults?
(iii) How can a player improve their serving accuracy?

Ans : MAIN 2021

(i) A service fault occurs when the server fails to strike the ball after tossing it.
(ii) Other service faults include stepping on or over the end line, serving out of bounds or failing to clear the net.
(iii) Players should practice controlled tosses, maintain focus and use proper foot positioning.

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83. In the final points of a championship game, a Gujarat Titans attacker aims for a cross-court spike. However, the ball crosses outside the antenna and lands in play. The referee stops the match and calls an antenna violation.
(i) Why was this considered an illegal play?
(ii) What is the role of the antenna in volleyball?
(iii) How can attackers avoid hitting outside the antenna?

Ans : SQP 2018

(i) The ball must pass within the antennae when crossing the net; crossing outside results in a fault.
(ii) The antenna marks the legal play area above the net, ensuring fair play.
(iii) Players should aim their attacks within the antenna boundaries and practice angled shots.

84. During a set, the libero from Pune Panthers jumps and attempts to block a fast spike. The referee immediately calls an illegal block.
(i) Why was the libero not allowed to block?
(ii) What are the restrictions placed on the libero?

3. All feathers should be uniform in length, ranging from 62 mm to 70 mm.
4. The top circular portion of the feathers should have a radius of 29 mm to 34 mm.
5. A non-feathered shuttle with the same dimensions can also be used.
6. A correct underhand stroke, made at an upward angle and parallel to the sidelines, must land 530 mm to 990 mm beyond the other boundary line.

6. TOSS RULE

The player or team that wins the toss can choose either to serve first or to pick a preferred side. The losing side gets the remaining option.

7. SCORING SYSTEM

1. A match consists of three games, each played up to 21 points.
2. The first player or pair to win two out of three games is declared the winner.
3. A serving player earns 1 point for each rally won.
4. If the receiving player wins a rally, they gain both a point and the next serve.
5. If both players or teams reach 20 points, the first to secure a 2-point lead wins.
6. If the score reaches 29-29, the player scoring 30 points first wins that game.

8. INTERVALS IN BADMINTON

1. A one-minute interval is granted when the leading player reaches 11 points.
2. A two-minute interval is allowed between each game, during which players change sides.

9. SERVING ERRORS

Serving errors occur when a player :

1. Serves out of turn.
2. Serves from the wrong side of the court.
3. If an error is discovered, the mistake is corrected and the game continues with the existing score.

10. FOULS IN BADMINTON

1. A fault is committed under the following conditions :
2. The service is incorrect.
3. The shuttlecock gets caught in the net and remains suspended.
4. The shuttle passes over the net but gets trapped in the net.
5. The shuttle lands outside the boundary lines.
6. The shuttle passes under the net.
7. The shuttle goes through the net.
8. The shuttle touches the ceiling.
9. The shuttle touches the side walls.
10. The shuttle contacts the player.
11. The shuttle touches the player's clothing.
12. The shuttle gets caught in the racket.
13. In doubles, the shuttle hits the receiver's partner.
14. A player touches the net or posts.
15. A player steps into the opponent's area.
16. A player obstructs the opponent's play.
17. A player gestures, comments, or distracts the opponent in any way.

11. LET IN BADMINTON

A let is a situation where the game is temporarily halted by the umpire or a player.

11.1 Situations When a Let is Called

1. The service is made before the receiver is ready.
2. Both the server and receiver commit simultaneous faults at the time of service.
3. The shuttle gets caught in the net after being returned.
4. The shuttle completely disintegrates during play.
5. Any accidental situation disrupting the game.
6. In case of a let, the score remains unchanged and is counted only up to the last valid point before the let.

12. SERVICE RULES IN BADMINTON

1. The server and receiver must stand in diagonally opposite corners of the court.
2. There should be no undue delay in executing the service.
3. At the moment of service, both players must have at least one foot touching the ground.
4. The server must hit the base of the shuttlecock with the racket.
5. The shuttle must be struck below the server's waist height.
6. The shuttle must travel in an upward direction after being hit by the server.
7. The server must not serve until the receiver is ready.
8. The right service court is used if the server has scored an even number of points.
9. The left service court is used if the server has scored an odd number of points.

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CHAPTER 14

BADMINTON

SUMMARY

1. HISTORY OF BADMINTON

1. An earlier form of badminton, known as battledore (an older name for a racket) and shuttlecock, was played in various regions across Europe and Asia.
2. Some historical evidence suggests that the game was also played in China before the 17th century.
3. By the 17th century, badminton was being played at Badminton House in Gloucestershire, England, based on available records.
4. Around the 1870, badminton gained popularity in Pune, Maharashtra, India, where it was called "Poona." The first formal rules were established in 1873.
5. In 1873, the first badminton club was founded in Bath, England (Folkestone).
6. Until 1887, the game followed the Pune rules, which were revised twice by the Bath Badminton Club in 1890.
7. The Badminton Association of England was officially formed in 1893.
8. The International Badminton Federation was established in 1934.
9. The first All India Badminton Championship took place in 1934 in Calcutta (now Kolkata), coinciding with the formation of the Badminton Association of India.
10. As badminton grew in popularity, the World Championship and the Thomas Cup were introduced in 1948.
11. The Women's Championship and Uber Cup were introduced in 1957.

2. BADMINTON AN OVERVIEW

Badminton is a sport played between two individuals (singles) or two pairs (doubles). It involves the use of rackets, a shuttlecock and a net positioned vertically across the court's center. Players must hit the shuttlecock over the net, aiming to land it in the opponent's court. Points are awarded when the shuttlecock touches the ground in the opponent's half.

3. STRATEGY AND TACTICS OF BADMINTON

1. The game begins with a strategy that aligns with the opponent's skill level.
2. The player or pair winning the toss can choose either to serve or to select a preferred side of the court.
3. Various tactics should be developed for serving, receiving, defending, smashing and hitting.
4. Effective serving requires precision, power and a mix of different shots while handling the shuttlecock.
5. One of the best tactics is to place the shuttlecock in difficult spots, making it harder for the opponent to return. For instance, directing shots in a way that forces a left-handed player to use right-hand strokes.
6. The backhand serve is generally more advantageous than the forehand serve.
7. The straight low serve is also an effective stroke in the game.

4. COURT SPECIFICATIONS

1. The badminton court is rectangular, flat and well-leveled, free from any obstructions.
2. The surface should not be rough or slippery.
3. Boundary lines are marked in either white or yellow.
4. The net is positioned at a height of 1.55 meters from the ground.
5. The net should be made of fine dark-colored cord, evenly woven, with mesh sizes ranging between 15 mm to 20 mm.

5. SHUTTLECOCK SPECIFICATIONS

1. The shuttlecock can be made of natural or synthetic materials.
2. It must have 16 feathers fixed in the base.

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19. TYPES OF STROKES

1. Forehand Stroke : The shuttlecock is returned from the right-hand side of the player.
2. Backhand Stroke : The shuttlecock is returned from the left-hand side of the player.
3. Drop Shot : A soft shot that causes the shuttlecock to drop sharply near the net after crossing it.
4. Drive : A fast, flat stroke where the shuttlecock moves parallel to the ground.
5. Block : A defensive shot used to counter a smash.
6. Forehand Smash : A powerful stroke where the shuttle is returned using a forehand grip, holding the racket from its base.
7. Smash : A forceful downward shot aimed at ending the rally.

20. TYPES OF DROP SHOTS IN BADMINTON

1. Drop : A shot where the shuttlecock falls close to the net in the opponent's court but is still playable by the opponent.
2. Slice Drop : A deceptive shot where the player's stance suggests a smash or straight shot, but instead, a drop shot is executed near the net.
3. Net Drop : A delicate shot played from the front half of the court, ensuring the shuttlecock falls very close to the net on the opponent's side.

21. BADMINTON TERMINOLOGY

1. Bird : Another term for a shuttlecock.
2. Toss/Lob : A shot that sends the shuttlecock high into the air towards the opponent's baseline.
3. Rally : A continuous exchange of valid shots until the shuttlecock lands on the court.
4. Server : The player who initiates play by serving the shuttlecock.
5. Side-out : A situation where a player or team loses the serve, transferring service to the opponent.
6. Match Point : The final point of the game, after which the winner is decided.
7. Carry : An illegal shot where the shuttlecock does not bounce back immediately after being hit by the racket.
8. Cross-court : A shot where the shuttlecock travels diagonally into the opponent's court.
8. Foot-fault : A situation where a player's foot is placed illegally on the ground during play.
9. Double Hit : A fault where the shuttlecock is hit twice consecutively by the same player.
10 Alley : In doubles matches, the court is extended by 1.5 feet on both sides. This extended area is known as the alley.
11. Backhand Shot : A stroke where the shuttle is hit from the inactive arm's side. To execute it successfully, the right foot should be in front and slightly across the body.
12. Love All : The starting score of every badminton match, indicating 0-0 for both players or pairs.
13. Long Service : A serve where the shuttlecock lands deep in the opponent's court, near the baseline or rear half.

22. GOVERNING BODIES OF BADMINTON

1. Badminton Association of India (BAI)
   (i) The official governing body for badminton in India.
   (ii) Organizes national-level badminton tournaments across the country.
   (iii) Consists of 28 state members responsible for conducting badminton tournaments.
2. Badminton World Federation (BWF)
   (i) The international governing body for the sport of badminton.
   (ii) Recognized by the International Olympic Committee (IOC).
   (iii) Has 176 member nations worldwide.

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23. MAJOR BADMINTON TOURNAMENTS

1. National Tournaments (India)
   (i) Indian Open Badminton Championship
   (ii) Senior National Badminton Championship
2. International Tournaments
   (i) World Championship
   (ii) Thomas Cup

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TWO MARKS QUESTIONS

1. Define the term Side Alley.

Ans : SQP 2024

The side alley refers to the 1½ feet extension on both sides of the court, specifically used in doubles play.
The back alley is the area between the back boundary line and the long service line for doubles.

(c) Length of racket → 27 inches
(d) Width of racket → 9 inches

16. Answer the following :
(i) Write the full form of BWF and BAI.
(ii) How is a set won?
(iii) What do you understand by the term "Let"?
(iv) State any two types of service techniques.

Ans : MAIN 2020

(i) (a) BWF : Badminton World Federation
(b) BAI : Badminton Association of India
(ii) A match consists of three games, each played up to 21 points. The player who wins two out of three games is declared the winner.
(iii) If the serving player wins a rally, 1 point is added to their score. If the receiving player wins, they gain both a point and the serve. If both players reach 20 points, the first to gain a 2-point lead wins.
(iv) If the score reaches 29-29, the player who scores 30 points first wins.
(v) A let is a situation where the game is temporarily halted by the umpire or a player due to an interruption or accidental situation. The score remains unchanged and continues from the last valid point before the let.
(vi) Two types of service techniques are :
(a) High Serve : The shuttle is hit high and deep into the opponent's court.
(b) Low Serve : The shuttle is hit just over the net to land near the opponent's service line.

Situations When a 'Let' is Called in Badminton

A let is declared when the game is temporarily stopped due to specific situations. It arises in the following cases :
(i) The service is made before the receiver is ready.
(ii) A double fault occurs simultaneously by both the server and receiver during service.
(iii) The shuttlecock gets caught in the net after being returned.
(iv) The shuttle completely disintegrates during play.
(v) Any accidental situation that disrupts the game.

If a let is called, the score remains unchanged and continues from the last valid service.

17. Define the following :
(i) Slice Drop
(ii) Net Drop
(iii) Bird
(iv) Double Hit

Ans : COMP 2011

(i) Slice Drop : A slice drop is a deceptive badminton shot executed with a slicing action. By imparting spin, the shuttle travels with a sharp, downward trajectory over the net, landing quickly and making it challenging for the opponent to retrieve.
(ii) Net Drop : A net drop is a delicate shot played close to the net. It involves lightly tapping the shuttle so that it falls steeply just over the net, forcing the opponent to rush forward and increasing the chances of a defensive error.
(iii) Bird : In badminton, "bird" is a common abbreviation for the shuttlecock. The term "birdie" originates from its feathered design and it is the object hit back and forth during play.
(iv) Double Hit : A double hit occurs when a player strikes the shuttle twice in one stroke. This is considered a fault according to badminton rules, as the shuttle must be hit only once per shot for a rally to continue legally.

18. Explain the following terms :
(i) Alley
(ii) Backhand Shot
(iii) Love All
(iv) Long Service

Ans : SQP 2015

(i) Alley : In badminton, the "alley" refers to the extra side areas of the doubles court. These areas are outside the singles boundaries, giving doubles players additional space. Shots directed into the alley force opponents to cover more ground, making it an important tactical element.
(ii) Backhand Shot : A backhand shot is a stroke played using the back of the racket hand. It is executed on the non-dominant side of the body and is essential for returning shots when a forehand stroke isn't possible. It requires precise technique and timing for effective control and placement.
(iii) Love All : "Love All" is a scoring term indicating that both players or teams have a score of zero. "Love" represents zero, and the term is used at the start of the game or when the score is reset to 0-0. It sets the stage for the match, emphasizing a fresh beginning.

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(ii) If a shuttlecock is hit twice in one stroke, it is a fault and the opponent gains the point.

10. What will be the referee's decision in the following situations?
(i) If a player serves with part of their foot outside the service court.
(ii) If a player takes too much time before executing their serve.

Ans : SQP 2003

(i) If a player's foot is outside the service court during a serve, it is a fault, and the opponent is awarded the point.
(ii) If a player delays the serve unnecessarily, the umpire can issue a warning or call a fault, awarding the opponent a point.

11. What will be the referee's decision in the following situations?
(i) If a shuttlecock hits the net and falls back into the server's court during a serve.
(ii) If a player accidentally drops their racket while playing a stroke.

Ans : COMP 2007

(i) If the shuttlecock falls back into the server's court after hitting the net, it is a fault and the opponent gains the point.
(ii) If a player drops their racket but still plays legally, the rally continues. However, if the racket obstructs the opponent, it is a fault.

12. What will be the referee's decision in the following situations?
(i) If a shuttlecock lands outside the doubles alley during a singles game.
(ii) If a player touches the shuttlecock with their hand during a rally.

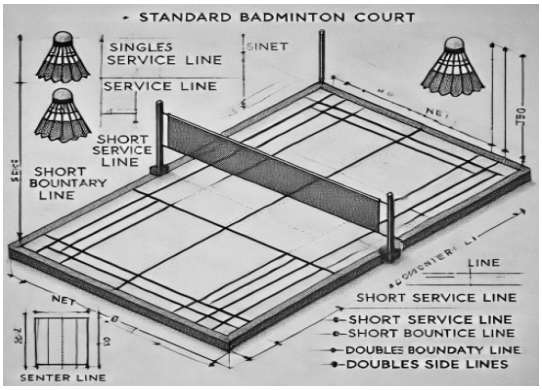
Ans : MAIN 2009

(i) If a shuttlecock lands outside the singles boundary in a singles match, it is out, and the opponent gains the point.
(ii) If a player touches the shuttlecock with their hand, it is a fault and the opponent is awarded the point.

EIGHT MARKS QUESTIONS

13. Draw a neat and labelled diagram of a badminton court.

Ans : SQP 2020



Refer to the revision notes diagram for reference.

14. Explain the following :
(i) Hairpin net shot
(ii) Carry
(iii) Rally
(iv) Wood shot

Ans : COMP 2020

(i) A Hairpin Net Shot is played when the shuttlecock is very close to the ground near the net. This delicate shot lifts the shuttle just over the net, making it hard for the opponent to return.
(ii) Carry refers to an illegal stroke where the shuttlecock does not bounce back immediately after being hit by the racket.
(iii) A Rally is a continuous exchange of valid shots between players until the shuttlecock lands on the court.
(iv) Wood Shot occurs when the shuttle's base is hit by the racket frame. Initially considered illegal, it was officially accepted by the International Badminton Federation in 1963.

15. Mention four skills of a badminton player.
(i) Four skills of a bad
(ii) State :
(a) Weight and diameter of the base of a shuttle.
(b) Length and width of a racket.

Ans : SQP 2020

(i) The skills of a Badminton player are :
(a) Stroke
(b) Drive
(c) Block
(d) Smash
(ii) (a) Weight of shuttlecock → 5 g
(b) Diameter of shuttle base → 25-28 mm

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the handle.
The thumb and fingers touch each other in this grip.
Backhand Grip : A method of holding the racket where the thumb and forefinger form a 'V' shape. It is similar to the forehand grip but rotated 90 degrees for better backhand control.

35. List any 4 types of shots/strokes used in the game.

Ans : SQP 2002

The four types of shots used in badminton are :
(i) Backhand
(ii) Forehand
(iii) Smash
(iv) Overhead
Explanation :
(i) Defensive Badminton Clear/Lob : A clear or lob is used to help players regain positioning and buy time during a rally.
(ii) Badminton Drop Shot : A semi-offensive shot performed from the back of the court to control the game's pace. A steep drop shot lands faster than a clear, forcing the opponent to react quickly.
(iii) Badminton Drive : A fast horizontal shot exchanged across the net to increase the game's speed.

36. Explain the following :
(i) When is a player permitted to leave the court to take advice during a match?
(ii) Give any four instances when a shuttle is considered to be not in play.

Ans : COMP 2003

(i) A player is allowed to leave the court for advice only during the intervals between different games in a match.
(ii) A shuttle is considered not in play when :
  (a) It touches the court surface.
  (b) A fault or 'let' is called.
  (c) The shuttle gets stuck in the net mesh.
  (d) The shuttle touches the net or posts and falls into the court of the player who last hit it.

37. Explain the following :
(i) Service error
(ii) Second hand
(iii) State the procedure for testing the shuttle for speed.

Ans : SQP 2010

(i) Service Error : A service error occurs when a player :
  (a) Serves out of turn.
  (b) Serves from the wrong service court.
  (c) Stands in the wrong position while receiving the serve.
(ii) Second Hand : In doubles, the second hand refers to the service being passed to the second player of the team when the first player loses a point.
(iii) Procedure for Testing the Shuttle for Speed :
  (a) The shuttlecock is thrown into the air.
  (b) The speed is measured by recording the time taken for the shuttle to return to the ground.
  (c) The measured speed must be within international limits, considering wind and climatic conditions.

CASE BASED QUESTION

38. During a school-level badminton tournament, Rohan was preparing to serve in a crucial rally. While serving, he placed his foot on the boundary line of the service area and hit the shuttlecock towards his opponent. The service judge immediately called a service fault. Rohan was confused and asked the umpire why his serve was considered a fault. Explain why stepping on the boundary line while serving is a service fault in badminton.

Ans : MAIN 2011

In badminton, a player must stand within the service court without touching the boundary lines when serving. The server's foot should remain completely inside the designated service area until the shuttlecock is struck. If a server steps on or crosses the boundary line before making contact with the shuttlecock, it is considered a service fault. Since Rohan's foot was on the line at the moment of service, the umpire correctly called a service fault, awarding the opponent a point and the next serve.

39. During a badminton doubles match, Ankit and his partner were engaged in a fast-paced rally. At one point, Ankit's partner hit the shuttlecock, and immediately after, Ankit also hit it before it crossed the net. The umpire called a fault, and the opposing team was awarded a point. Ankit

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(iv) Long Service : A long service is a type of serve where the server aims to hit the shuttlecock deep into the opponent's court. It is primarily used in singles to push the opponent towards the back of the court, creating an opportunity to control the rally. This service tests the receiver's ability to cover more ground quickly.

19. Explain the following terms :
(i) Smash
(ii) Let
(iii) Back Gallery
(iv) Rally

Ans : SQP 2021

(i) Smash : Refer to Revision Notes for the explanation.
(ii) Let : A let is a situation where the game is temporarily halted by the umpire or any player due to an interruption. The score remains unchanged and continues from the last valid point.
(iii) Back Gallery : The back gallery is the area of the court located between the two boundary lines at the end of the court.
(iv) Rally : A rally refers to the continuous exchange of valid shots between players until the shuttlecock lands on the court.

20. Explain the following :
(i) Let
(ii) Service fault
(iii) When do the players change ends in the game?
(iv) Explain the procedure to be followed for selecting a court for the game.

Ans : COMP 2023

(i) Let : A let occurs when play is halted due to an external interruption. This can be called by either the umpire or a player and the game resumes without altering the score.
(ii) Service Fault : A service fault happens when a player delivers an illegal service. This includes:
  (a) Serving from the wrong side of the court.
  (b) Hitting the shuttle from above waist level.
  (c) Serving out of turn or by the wrong player.
(iii) Players change ends in the following situations:
  (a) At the end of the first game.
  (b) At the end of the second game.
  (c) At the end of the third game (if played).
  (d) When a player reaches 11 points in the final game.
(iv) The game starts with a toss. The player who wins the toss gets to choose either to serve first or to select a side of the court. The opponent takes the remaining option.

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21. Explain the procedure to be followed for performing a correct service in the game of badminton.

Ans : MAIN 2011

Service Rules :
1. The server and receiver must stand diagonally opposite to each other on the court.
2. There must be no undue delay while serving.
3. Both server and receiver must have at least one foot on the ground at the time of service.
4. The server must strike the base of the shuttlecock with the racket while serving.
5. The shuttlecock must be hit below waist height of the server.
6. The shuttle must travel upwards after being hit.
7. The server must wait until the receiver is ready before serving.
8. The right service court is used when the server has scored an even number of points.
9. The left service court is used when the server has scored an odd number of points.

22. When do the players change ends in the game?

Ans : SQP 2022

Players change ends in the following situations :
(i) At the end of the first game.
(ii) At the end of the second game.
(iii) At the end of the third game (if played).
(iv) When a player reaches 11 points in the final game.

23. Explain the procedure to be followed for selecting a court for the game.

Ans : COMP 2023

The game begins with a toss. The player who wins the toss gets to choose either to serve first or to select a side of the court. The opponent takes the remaining option.

24. Mention any five faults a player may commit during the game.

or

List any five faults committed by a player in the game.

2. What will be the referee's decision in the following situations?
(i) If a shuttle, after being struck by a player, touches the player's body before crossing the net.
(ii) If a shuttle, after being hit, goes through the net instead of over it.

Ans : COMP 2018

(i) If the shuttlecock touches the player's body before crossing the net, it is a fault and the opponent is awarded the point.
(ii) If the shuttlecock passes through the net instead of over it, it is a fault, and the opponent gains the point.

3. What will be the referee's decision in the following situations?
(i) If a server delivers the shuttlecock before the receiver is ready.
(ii) If both the server and receiver commit a fault at the same time during service.

Ans : SQP 2016

(i) If the server delivers the shuttlecock before the receiver is ready, the umpire will call a let, and the serve will be retaken.
(ii) If both players commit faults simultaneously during service, the umpire will also call a let and the rally will be replayed.

4. What will be the referee's decision in the following situations?
(i) If a shuttlecock lands on the boundary line.
(ii) If a player deliberately distracts their opponent during a rally.

Ans : MAIN 2019

(i) If the shuttlecock lands on the boundary line, it is considered in and the rally continues.
(ii) If a player deliberately distracts their opponent, it is a fault and the opponent is awarded the point.

5. What will be the referee's decision in the following situations?
(i) If a player touches the net with their racket during play.
(ii) If a shuttlecock disintegrates during play.

Ans : COMP 2014

(i) If a player touches the net with their racket, it is a fault and the opponent is awarded the point.
(ii) If the shuttlecock disintegrates during play, the umpire will call a let and the rally will be replayed.

6. What will be the referee's decision in the following situations?
(i) If a shuttlecock hits the post before crossing the net.
(ii) If a player steps on the opponent's side of the court during play.

Ans : SQP 2010

(i) If the shuttlecock hits the post before crossing the net, it is a fault and the opponent gains the point.
(ii) If a player steps into the opponent's court, it is a fault and the opponent is awarded the point.

7. What do you mean by Net Kill in badminton?

Ans : MAIN 2020

A net kill in badminton is an aggressive shot played close to the net, where the shuttle is hit downward into the opponent's court.
It is different from a smash, as it is executed near the net rather than from the backcourt.

8. What will be the referee's decision in the following situations?
(i) If a player serves from the wrong side of the court.
(ii) If a shuttlecock touches the umpire's chair before landing.

Ans : MAIN 2005

(i) If a player serves from the wrong side of the court, it is a service fault and the opponent gains the point.
(ii) If a shuttlecock touches the umpire's chair before landing, it is out and the opponent gains the point.

9. What will be the referee's decision in the following situations?
(i) If a player misses the shuttlecock completely while attempting a serve.
(ii) If a shuttlecock is hit twice by the same player in one stroke.

Ans : COMP 2017

(i) If a player misses the shuttlecock completely during a serve, they may attempt to serve again. However, if they make contact improperly and the shuttlecock falls, it is a fault.

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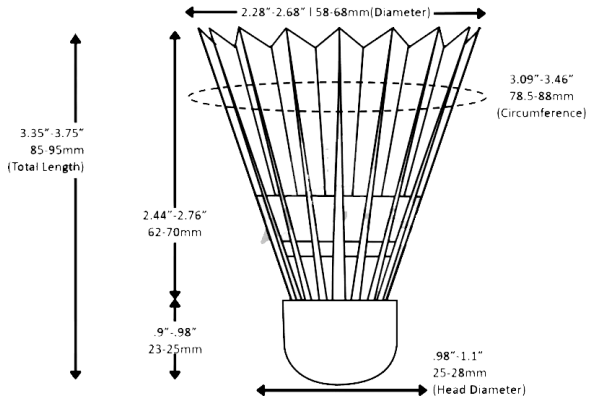
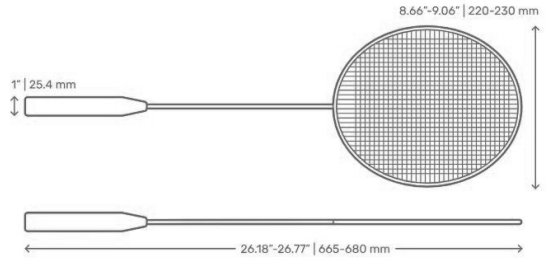
28. Draw a neat diagram of a shuttle with all specifications.

Ans : SQP 2005



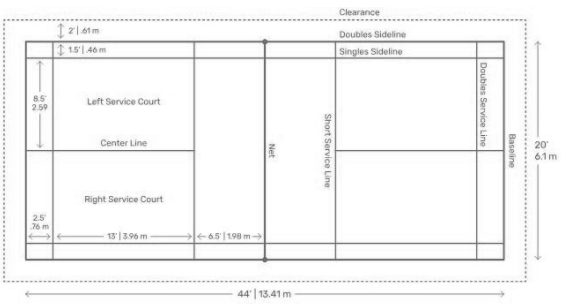
29. State the diamensions of the racket with reference to its frame and string surface.

Ans : COMP 2007



30. Draw a diagram of a Doubles badminton court showing its dimension

Ans : SQP 2013



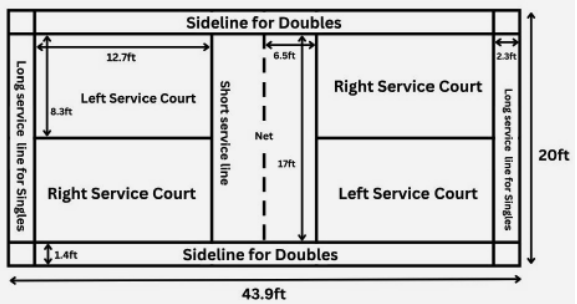
31. State the duration of the intervals and when are these intervals allowed during the game?

Ans : COMP 2014

An interval of 90 seconds or less is allowed between the first two games, and an interval of 5 minutes or less is permitted between the second and third game.
When the leading score reaches 11 points, players are given a 60-second interval.
A 2-minute interval is allowed between each game.
In the third game, players change ends when the leading score reaches 11 points.

32. Draw a diagram of a singles badminton court showing its dimensions

Ans : MAIN 2012



33. Explain the types of Racket Grip.

Ans : MAIN 2016

(i) Basic Grip : This grip is used to play all types of shots.
  (a) Bevel Grip : The racket is moved anti-clockwise from the backhand grip for right-handed players and clockwise for left-handed players.
  (b) It is used for backhand rear-court shots (clears, drops and smashes) and some forehand/backhand net shots depending on positioning.

(ii) Flying Pan Grip : This grip is used particularly for lob shots when the shuttle is very near to the net.
  (a) Panhandle Grip : In this grip, the thumb is placed on the side of the racket, pinching it with the thumb and fingers.
  (b) It is commonly used for : Late backhand rear-court shots Retrieving a net-cord on the backhand side Some net kills and drives, depending on position and preference.

34. Explain Forehand Grip and Backhand Grip.

Ans : MAIN 2000

Forehand Grip : A method of holding the racket where the fingers are wrapped around the base of

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of bounds, it should not be considered a fault. Explain why the umpire's call was correct.

Ans : MAIN 2021

In badminton, a shuttlecock must pass over the net and land within the opponent's court for a rally to continue. If the shuttlecock gets stuck in the net and does not make it to the opponent's side, it is considered a fault. The rally ends immediately, and the opponent is awarded the point. Since Sakshi's shuttlecock remained in the net, the umpire's decision was correct.

45. During a crucial match, Vikrant executed a powerful smash, and the shuttlecock hit his opponent's racket before bouncing onto the opponent's body and landing out of bounds. The opponent claimed that the shuttlecock landed out, so the point should be his. However, the umpire awarded the point to Vikrant. Explain why the umpire made this decision.

Ans : SQP 2022

In badminton, if the shuttlecock touches a player's body before landing out of bounds, it is considered a fault by the player who was hit. The shuttlecock must be returned using the racket only. Since the shuttlecock first touched the opponent's racket and then his body, it was considered a valid hit by Vikrant.

46. During an inter-school badminton competition, Aditya was serving when he positioned his racket head above his waist before striking the shuttlecock. The umpire immediately called a service fault, and Aditya lost the serve. He argued that the shuttlecock had crossed the net and landed correctly in the opponent's service court, so his serve should be valid. Explain why the umpire's decision was correct.

Ans : COMP 2018

In badminton, the server must strike the shuttlecock with the racket head below their waist level. If the shuttlecock is hit above the waist, it is considered a service fault, regardless of whether it lands correctly in the opponent's service court. Since Aditya's racket head was positioned above his waist when serving, he violated the service rules and the umpire rightfully called a fault, awarding the point to his opponent.

47. During a doubles badminton match, Meera and her partner were leading in the final game. While receiving a serve, Meera's partner accidentally moved forward and hit the shuttlecock before it reached Meera. The umpire called a fault, and the serving team gained a point. Meera's team protested, saying that since they returned the shuttle, the rally should continue. Explain why the umpire's decision was correct.

Ans : SQP 2019

In badminton doubles, only the designated receiver is allowed to return the serve. If the receiver's partner hits the shuttlecock before or along with the receiver, it is considered a receiving fault. Since Meera's partner hit the shuttlecock before Meera, the point was rightfully awarded to the serving team as per the rules of the game.

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48. In a highly competitive singles match, Ramesh attempted a strong backhand stroke, but after making contact, the shuttlecock was caught in his racket strings before falling onto his opponent's side. The umpire called a fault, and Ramesh lost the point. He argued that since the shuttlecock landed in the opponent's court, it should still be counted as a legal shot. Explain why the umpire ruled it as a fault.

Ans : COMP 2015

In badminton, a shuttlecock must be hit cleanly with the racket and should not be caught or held within the strings during play. If a shuttlecock gets stuck in the racket before being released, it is considered a "carry" or "sling" and results in a fault. Even though Ramesh's shuttlecock landed in the opponent's court, the incorrect stroke violated the rules, making it an invalid shot.

49. During a local badminton championship, Shruti performed a high serve that hit the ceiling before landing inside the opponent's service court. Her opponent claimed a fault, but Shruti argued that since the shuttlecock landed within the correct boundaries, the serve should be considered legal. Explain why the umpire ruled it as a fault.

Ans : MAIN 2022

According to badminton rules, the shuttlecock must travel within the court boundaries without touching external structures such as the ceiling, walls, or lighting fixtures. If the shuttlecock hits the ceiling, it is considered out of play, regardless of whether it later lands inside the opponent's court. Therefore, the umpire correctly ruled the serve as a fault, awarding the point to Shruti's opponent.

was confused and asked why their play was considered a fault since the shuttlecock was still in play. Explain the rule that led to this decision.

Ans : SQP 2015

In badminton, a "double hit" is considered a fault. This occurs when either the same player strikes the shuttlecock twice in succession or when both partners in a doubles match hit the shuttlecock consecutively before it crosses the net. The shuttlecock must be struck only once per return before passing over the net. Since Ankit and his partner hit the shuttlecock twice before it crossed the net, it was considered a fault, and the point was awarded to the opposing team.

40. A university-level badminton match was underway when Sunil executed a powerful smash. His opponent attempted to return the shot but accidentally hit the shuttlecock twice in a single motion before sending it back over the net. The umpire immediately called a fault, and the point was given to Sunil. The opponent protested, arguing that the shot was unintentional. Explain why the umpire's decision was correct according to badminton rules.

Ans : MAIN 2016

In badminton, a player is not allowed to hit the shuttlecock twice consecutively in the same stroke. Even if the double hit is unintentional, the rally must be clean, with the shuttlecock being struck only once before crossing the net. If a player accidentally makes contact with the shuttlecock twice in succession, it is considered a fault and the opponent is awarded the point. Thus, the umpire's decision was correct in giving the point to Sunil.

41. During an intense inter-school badminton match, Priya attempted to serve but, in her rush, failed to make proper contact with the shuttlecock, causing it to drop to the floor before crossing the net. The opponent claimed a point, and the umpire confirmed that a fault had been committed. Priya argued that since she attempted to serve, she should be allowed another chance. Explain why her serve was considered a fault.

Ans : COMP 2013

In badminton, a serve must be executed properly, ensuring that the shuttlecock is struck with the racket and crosses the net into the opponent's service court. If a player fails to make proper contact with the shuttlecock and it drops without traveling over the net, it is considered a service fault. The point is awarded to the opponent, and there is no second attempt for a serve unless a "let" is called due to external interference. Therefore, Priya's serve was deemed a fault, and the opponent rightfully gained the point.

42. During an international badminton tournament, Riya was serving during a crucial point. As she hit the shuttlecock, it landed slightly outside the opponent's service boundary. The opponent immediately pointed out the error, and the umpire called it a service fault. Riya claimed that since the shuttlecock was close to the line, it should still be considered in play. Explain why the umpire ruled it as a fault.

Ans : SQP 2016

In badminton, for a shuttlecock to be considered "in," it must land within the designated boundary lines of the service court. The lines are considered part of the playing area, but if the shuttlecock lands outside these lines, even slightly, it is considered "out." Since Riya's serve landed outside the opponent's service boundary, it was correctly ruled a fault, and the opponent was awarded the point.

43. A high school badminton match was in progress when Arjun attempted a serve. However, he hit the shuttlecock at an angle, causing it to travel directly under the net instead of over it. The umpire called a fault, and the opponent was awarded the point. Arjun argued that since the shuttlecock had traveled to the opponent's side, it should be considered a valid serve. Explain why his argument was incorrect.

Ans : COMP 2020

In badminton, a legal serve must pass over the net and land in the opponent's designated service court. If the shuttlecock travels under the net or through the net, it is an automatic fault, regardless of whether it reaches the opponent's side. Since Arjun's serve did not cross over the net as required, the umpire correctly called a fault, awarding the opponent the point.

44. During a fast-paced rally, Sakshi's shuttlecock got stuck in the net and did not pass over to the opponent's side. The umpire called a fault, and Sakshi lost the point. She questioned the decision, stating that since the shuttlecock did not go out

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Ans : SQP 2024

Five common faults in badminton are :
(i) Hitting the shuttlecock consecutively twice by the same player.
(ii) A double hit, where the shuttle is consecutively hit by the player and their partner.
(iii) Distracting the opponent intentionally to divert attention.
(iv) Touching the net or its supports with the racket or body.
(v) The player's racket illegally crossing under the net into the opponent's court.

NINE MARKS QUESTIONS

25. Answer the following :
(i) Write any three duties of an umpire.
(ii) How is a tie broken? Explain briefly.
(iii) Write any three National or International tournaments.

Ans : MAIN 2020

(i) Duties of an Umpire :
  (a) Ensures that the scoring device is accurate.
  (b) Checks the net and posts for adequacy.
  (c) Conducts a fair toss before the match.
  (d) Ensures that all officials are present at their designated places.
  (e) Maintains a written record of scores.
  (f) Keeps a record of all faults committed during the game.
  (g) Documents official warnings given to players at any time during the match.
(ii) Tie-Breaking Rule in Badminton : If both players or teams reach 20-20, a tie-breaker is applied. To win, a player must score 2 points more than the opponent (e.g., 22-20, 23-21, or 27-25). However, if the score reaches 29-29, the player who scores 30 first wins the set, without requiring a 2-point lead.
(iii) National and International Badminton Tournaments :
  National :
  (a) Indian Open Badminton Championship
  (b) Senior National Badminton Championship
  (c) V. V. Natu Championship
  International :
  (a) World Championship
  (b) Thomas Cup
  (c) All World Senior Ranking

26. Answer the following :
(i) Mention any three differences between a singles match and a doubles match.
(ii) Name the officials who conduct a match.
(iii) State any three service faults.

Ans : COMP 2020

(i) Differences between a Singles and Doubles Match :
  (a) A singles match has one player on each side, whereas a doubles match has two players on each side.
  (b) The court boundary for a doubles match is wider compared to a singles match.
  (c) In doubles, the service alternates between teammates, whereas in singles, the same player serves throughout their turn.
(ii) Officials Conducting a Badminton Match :
  The officials in a badminton match include :
  (a) 1 Match Referee
  (b) 1 Umpire
  (c) 1 Service Umpire
  (d) 4 to 8 Linesmen
(iii) Three Service Faults in Badminton :
  (a) When the shuttlecock touches the net or fails to pass over it.
  (b) When the shuttlecock lands outside the court's boundary lines.
  (c) The server and receiver must have at least one foot on the ground at the time of service; failing to do so results in a fault.

27. Give the measurements of the following :
(i) Width of the lines on the court.
(ii) Diameter of the center circle.
(iii) Length and width of the board.

Ans : SQP 2009

In India, basketball court dimensions and specifications generally adhere to the standards set by the International Basketball Federation (FIBA). The Sports Authority of India (SAI) provides guidelines for constructing basketball courts at its centers, aligning with FIBA regulations. Here are the specific measurements :
(i) Width of the lines on the court : All lines on the court are 5 centimeters (2 inches) wide.
(ii) Diameter of the center circle : The center circle has a diameter of 3.6 meters (11 feet 10 inches).
(iii) Length and width of the backboard : The backboard measures 1.8 meters (6 feet) in width and 1.05 meters (3.5 feet) in height.

NODIA

50. During a fast-paced rally, Arjun's opponent played a deceptive net shot. In an attempt to return it, Arjun's racket touched the net. The umpire called a fault and awarded the point to his opponent. Arjun argued that since he did not interfere with the shuttle's trajectory, his touch should not count as a fault. Explain why the umpire made this decision.

Ans : SQP 2023

In badminton, a player is not allowed to touch the net with their racket, body, or clothing at any point during play. Even if the contact does not interfere with the shuttlecock's movement, it is still considered a fault. Since Arjun's racket touched the net during the rally, the umpire correctly called a fault, awarding the point to his opponent.

51. During a district-level badminton match, Pranav executed a powerful smash. His opponent attempted to block it but accidentally touched the shuttlecock with his hand before it fell onto the court. The umpire immediately called a fault, but the opponent insisted that he did not deliberately touch the shuttle. Explain why the umpire's decision was correct.

Ans : COMP 2021

In badminton, the shuttlecock must only be played using the racket. If a player touches the shuttlecock with any part of their body, including the hands, arms, legs, or head, it is considered a fault, regardless of whether the contact was intentional or accidental. Since Pranav's opponent touched the shuttlecock with his hand, the umpire correctly ruled it as a fault, and Pranav was awarded the point.

52. A junior-level badminton match was in progress when Ritu served the shuttlecock. However, she served before her opponent was fully ready. The umpire called for a "let" and asked her to serve again. Ritu's opponent protested, saying that he should be awarded a point since the serve had already been made. Explain why the umpire called a "let."

Ans : MAIN 2011

In badminton, if a server delivers the shuttlecock before the receiver is fully ready, the umpire may call a "let," meaning the rally is stopped and the serve is retaken. The receiver must indicate readiness before the serve, and if they were not prepared, the serve does not count. Since Ritu's opponent was not ready, the umpire made the correct decision to call a "let," and Ritu was given another chance to serve without penalty.

53. During a crucial tie-breaker, Sandeep served a shuttlecock that barely touched the top of the net before falling into the correct service court. His opponent stopped playing, assuming it was a fault, but the umpire signaled that the rally should continue. Explain why this serve was considered valid.

Ans : SQP 2018

In badminton, if a shuttlecock touches the top of the net during service but still lands in the opponent's correct service court, it is considered a valid serve, and the rally continues. Only if the shuttlecock fails to cross the net or lands outside the designated service area is it considered a fault. Since Sandeep's serve crossed the net and landed in the correct service court, the umpire correctly allowed play to continue.

54. During a fast-paced rally, Simran hit a cross-court shot that her opponent barely reached. While trying to return the shot, her opponent stepped outside the boundary lines but still managed to hit the shuttlecock back. The umpire did not call a fault, and the rally continued. Simran questioned this decision, arguing that her opponent was out of bounds. Explain why the umpire allowed the play to continue.

Ans : COMP 2018

In badminton, players can step outside the court boundaries while attempting to return a shot as long as they do not interfere with the opponent's play. The shuttlecock's landing position, not the player's movement, determines whether a shot is valid. Since Simran's opponent successfully returned the shuttlecock without it going out of play, the umpire was correct in allowing the rally to continue.

55. During a competitive doubles match, Aryan and his partner were serving when Aryan accidentally stood inside the service court while his partner executed the serve. The umpire called a fault, and the opposing team was awarded a point. Aryan argued that since he was not the one serving, his position should not matter. Explain why the umpire called a fault.

Ans : MAIN 2024

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In badminton doubles, the server's partner must remain outside the service court until the serve is completed. If the non-serving player is inside the service area when the serve is made, it is considered a positional fault, and the opponent is awarded a point. Since Aryan was inside the service court during his partner's serve, the umpire correctly called a fault.

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